

Growing Resilience in Chronic Pain Group Visits

with Kate Shafto, MD

This is a Group Medical Visit program for people experiencing persistent or chronic pain with Dr. Kate Shafto. Her focus is on equipping you with skills and tools to grow your resilience and expand your options for managing chronic pain. This program helps to support your body's natural healing capacity through self-care and Integrative Therapies.



Questions? Call the Interventional Pain Clinic at **612-873-5963** for more information or to schedule.

Email: groupvisits@hcmcd.org for more details.

When: The 8-week series is held weekly on Thursdays from 2-4pm.

The dates for 2022 are:
January 20 - March 10, 2022
March 17 - May 5, 2022
May 12 - June 30, 2022

Location: CSC/Downtown Campus, 1st floor, in the Stillman Room by Dunn Brothers.

Parking vouchers provided.

- Week 1:** Introductions and Welcome; Overview of why pain becomes chronic
- Week 2:** Stress, resilience and pain
- Week 3:** Sleep, mood and pain
- Week 4:** Movement and rest with Cat Justice, PT and yoga instructor
- Week 5:** Acupuncture and pain with Heidi Kimmer, LAc (Acupuncturist)
- Week 6:** Posture & environment's impact on pain with Dr. Ghazala Usman (Chiropractor)
- Week 7:** Food, nutrition and pain
- Week 8:** Putting it all together and moving forward - creativity, community, and growth



KATE SHAFTO, MD is deeply committed to each patient's story and exploring their unique healing journey. She believes in empowering patients to take greater control of their health and healing through evidence-based interventions in all the parts of a person's lifestyle.