

## Tame Your Pain – Beyond Medication Online Group Medical Visit Series, Tuesday Afternoons June 14 – July 19, 2022

Living with chronic pain? We are committed to our community and empowering YOU with tools to manage your pain beyond medication and general well-being. Come learn the most up-to-date research to “Tame Your Pain.”

Each visit will include a check-in practice, focused teaching on a topic related to easing pain, the latest evidence-based research, mind-body skills practices, group sharing and goal setting.

- WHAT:** An 8-week series of Tame Your Pain Group Medical Visits  
**WHEN:** June 14, 21, 28 July 5, 12, & 19, 2022,  
Tuesday afternoons 1:30 – 3:30 pm  
**WHERE:** Online Video via Zoom through MyChart  
*Please check in 15 minutes before start time.*

**Questions? Ready to schedule? Call 612-873-8048**

Tame Your Pain Beyond Medication	
Tuesday Afternoons	Time 1:15 – 3:15 pm
1) Information Session: Neuroscience of pain	June 14
2) Shifting Inflammation: Food choices and Nutrition	June 21
3) Calming Stress: Physical and emotional to ease pain	June 28
4) Movement With Pain: Being “sore but safe”	November 2
5) Sleep: How it impacts pain	November 9
6) Connecting with Heart: Self and others to ease pain	November 16



These group visits are led by **Sue Haddow, MD**. Dr. Haddow is a doctor at Whittier Clinic. She is trained in Integrative and Functional Medicine. Dr. Haddow has a passion for sharing skills and resources that people can use to meet their health goals.

For more details other group visits, logistics and insurance coverage visit <https://www.hennepinhealthcare.org/group-visits> or call 612-873-8048.