

We can.
Manage pain safely.



painwise.org

Chronic pain management program

PainWise – First Steps is a six-week program to help you manage your chronic pain. A behavioral psychologist and physical therapist will help you understand why people have pain. You will learn tools to help manage your chronic pain including gentle movement. Classes are offered in Benton, Lincoln and Linn counties.

PainWise classes will allow you to:

- Learn about chronic pain
- Develop healthy pain management skills
- Practice your new skills in a safe environment
- Move more comfortably and improve your quality of life

Next series of classes starts:

PainWise classes are a part of the local PainWise Task Force, whose mission is to help members of our community manage pain safely.