

NOW OFFERING PAIN EDUCATION GROUP CLASSES!

The Pain Education Group Classes will focus on a variety of topics including:

- Sleep
- Movement and Exercise
- Nutrition
- Relaxation techniques
- Stress management
- Cognitive behavioural therapy
- Mindfulness techniques
- And more!

These 2-hour classes will be offered on Saturday mornings, and occasional Thursdays afternoons (depending on the demand). Classes will alternate between Sessions 1 and 2 every week.

Please make sure you are registered for a Session 1 before registering for Session 2 of your choice. For further details, times and dates please call 604 260 4481 or see the instructions below for self E-booking.

As this program is covered by MSP, there will be no cost to participate. If you enjoy the sessions, please do not hesitate to inquire about Sessions 3 & 4.



MEET DR. ANIZ KHALFAN:

We are excited to welcome Dr. Aniz Khalfan to the CPRI team. She is a certified specialist in Anesthesiology, previous Chief of Anesthesia at St. Mary's Hospital, and has a special interest in chronic pain. She has extensive experience conducting pain education classes in Vancouver.

E-BOOKING: SELF-REGISTER FOR YOUR CLASSES!

STEP 1: VISIT US ONLINE

- <https://cprihealth.inputhealth.com/>

STEP 2: ENTER AS "PATIENT"

- Login or sign-up as a new patient

STEP 3: SELECT LOCATION

- Select: Canadian Pain & Regenerative Institute

STEP 4: SELECT APPOINTMENT TYPE

- Please register for any GMV Class Session 1 & 2 of your choice, pending availability.

STEP 5: FILL OUT BASIC INFO

STEP 6: REVIEW & SUBMIT!

