



CPRI

NOW OFFERING GROUP SESSIONS 3 & 4!

Due to popular demand, we are now offering additional classes with Dr. Aniz Khalfan, which will provide a deeper look into some fantastic topics to help with pain management.

Session 3: Exercise, Movement & Sleep

Session 4: Nutrition, Wellness & Relaxation Techniques

These 2-hour classes will be offered on Saturday afternoons at 1PM (and occasional Thursdays afternoons at 3PM (depending on the demand). Classes will alternate between Sessions 3 and 4 every week.

Please note: Session 1 & Session 2 are prerequisites of these group classes, but Session 3 and 4 can be taken independently of one another.



If you haven't signed up for Session 1 & 2 yet, it is not too late! We alternate between a Session 1 and a Session 2 class every Saturday from 10 AM to 12 PM. Ask us for more information on how to sign yourself up!