ALL PAIN CAN CHANGE

(Emotional & Physical)

this is because



of SENSATION, COGNITION & EMOTION

Come explore your personal pain experience and decide how

YOU WOULD LIKE TO CHANGE IT.

Act Beyond Pain

10 week classes in Lebanon, Albany, Corvallis & Sweet Home

Contact:

Lianne Dyche, LCSW 541-967-3866 ext 2529 Idyche@co.linn.or.us