



Cost free service

# ReConnect Pain Management Program

## What will I gain from attending the ReConnect Pain Management Program?

- Improve your function (physical, social and emotional)
- Assist you to re-explore skills to deal more effectively with pain (e.g. goal setting, mindful awareness, pacing, flare-up management, exercise and mindful movement)
- Improve your understanding of how general, physical and psychological health factors influence your pain
- Decrease pain-related fear
- Start to reconnect and reclaim all parts of yourself, even the painful ones

## The Details

This program runs for 7 weeks, twice a week on a Tuesday and Thursday afternoon. It is run in a small group with no more than 12 participants.

### TUESDAYS:

**13:00-15:30**

Merri Community Health  
93 Bell St, COBURG

### THURSDAYS:

**13:00-14:30**

Merri Community Health  
11 Glenlyon Rd, BRUNSWICK

Onsite attendance is preferable.  
Online opportunities are available.



Supported by the  
State Government

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Government Department of  
Social Services



# RECONNECT PAIN MANAGEMENT PROGRAM OVERVIEW

## Tuesday's education session topics (2.5hrs):

- Your journey so far, values and goals
- Making sense of pain
- Exercising and pain
- Flare-up management
- Taking in the good
- Thoughts, feelings, and stress
- Medication management
- Fatigue and sleep
- Nutrition and healthy eating
- Reflect and review

## Thursday's movement session (1.5hrs):

- Mindful movement practice
- Low level activity circuit
- Relaxation

