

Chronic Pain Programs – Powell River JUNE 2018

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Relaxation and Gentle Movement Cranberry Seniors Centre 10:45a-11:45a Drop-in , \$5-\$10pp	Relaxation and Gentle Movement Nourish Wellness Studio 10:30a-11:30a Drop-in , \$5-\$15pp		Yoga & Somatics Nourish Wellness Studio 10:45a-11:45a Drop-in , \$15p	
11	12	13	14	15
Relaxation and Gentle Movement Cranberry Seniors Centre 10:45a-11:45a Drop-in , \$5-\$10pp	Relaxation and Gentle Movement Nourish Wellness Studio 10:30a-11:30a Drop-in , \$5-\$15pp		Yoga & Somatics Nourish Wellness Studio 10:45a-11:45a Drop-in , \$15p	
18	19	20	21	22
Relaxation and Gentle Movement Cranberry Seniors Centre 10:45a-11:45a Drop-in , \$5-\$10pp	Relaxation and Gentle Movement Nourish Wellness Studio 10:30a-11:30a Drop-in , \$5-\$15pp		Yoga & Somatics Nourish Wellness Studio 10:45a-11:45a Drop-in , \$15p	
25	26	27	28	29
		Group Movement Series Nourish Wellness Studio 5:30p-7:00p 5-Weeks, \$75pp Register: 604-485-2596	Art for Chronic Pain The Arts Centre 5:15p-6:15p 4-Weeks, \$35pp Register: 604-483-6150	Chronic Pain Self-Management Program PR General Hospital 6-Weeks, FREE Register: 866-902-3767

Chronic Pain Programs – Powell River JULY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30	Powell River Pain Self-Management Support Group PR General Hospital 2:00p-4:00p FREE	Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30	Art for Chronic Pain The Arts Centre 10:30a-11:30a 4-Weeks, \$35pp Register 604-483-6150	Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30
9	10	11	12	13
Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30	Yoga 9:15a-10:15a PR Rec Complex Drop-In, \$6.30	Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30	Yin Yoga, 7:00a Restore Yoga, 5:45p Coast Fitness Drop-In, \$15	Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30
16	17	18	19	20
Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30	Yoga 9:15a-10:15a PR Rec Complex Drop-In, \$6.30	Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30	Yin Yoga, 7:00a Restore Yoga, 5:45p Coast Fitness Drop-In, \$15	Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30
23	24	25	26	27
Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30	Yoga 9:15a-10:15a PR Rec Complex Drop-In, \$6.30	Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30	Yin Yoga, 7:00a Restore Yoga, 5:45p Coast Fitness Drop-In, \$15	Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30
30	31	AUGUST 1	AUGUST 2	AUGUST 3
Aquasize As above 1:15p-2:00p	Yoga As above 9:15a-10:15a	Aquasize As above 1:15p-2:00p	Yoga As above 7:00a & 5:45p	Aquasize As above 1:15p-2:00p

Chronic Pain Programs – Powell River AUGUST 2018

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30	Powell River Pain Self-Management Support Group PR General Hospital 2:00p-4:00p FREE	Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30	Art for Chronic Pain The Arts Centre 10:30a-11:30a 4-Weeks, \$35pp Register 604-483-6150	Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30
13	14	15	16	17
Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30	Yoga 9:15a-10:15a PR Rec Complex Drop-In, \$6.30	Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30	Yin Yoga, 7:00a Restore Yoga, 5:45p Coast Fitness Drop-In, \$15	Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30
20	21	22	23	24
Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30	Yoga 9:15a-10:15a PR Rec Complex Drop-In, \$6.30	Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30	Yin Yoga, 7:00a Restore Yoga, 5:45p Coast Fitness Drop-In, \$15	Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30
27	28	29	30	31
Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30	Yoga 9:15a-10:15a PR Rec Complex Drop-In, \$6.30	Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30	Yin Yoga, 7:00a Restore Yoga, 5:45p Coast Fitness Drop-In, \$15	Aquasize 1:15p-2:00p PR Rec Complex Drop-In, \$6.30

More Chronic Pain Self-Management Programs

Step 1

Specifically for Chronic Pain Patients:

Introductory Group Movement Series – 5 weeks
 Relaxation & Gentle Movement (w/chair) *Seniors Ctr.*
 Relaxation & Gentle Movement *Nourish*
 Zentangle Method Therapeutic Art Class *Arts Centre*

Drop-in classes:

Meditation *Nourish*
 Stretch Appeal *Rec Complex*

Advance Registration Rec Complex Classes:

Mind Matters

Self-Management Programs:

Self-Management BC 6-week Program
 People in Pain Network Self-Management Support Group

Step 2

Specifically for Chronic Pain Patients:

Relaxation & Gentle Movement *Nourish*

Drop-in classes:

Gentle Fitness <i>Nourish</i>	Restorative Yoga <i>Coast</i>
Interval Fusion <i>Rec Complex</i>	<i>Fitness</i>
Pilates <i>Terri Beck</i>	Yin Yoga <i>Coast Fitness</i>
Strong & Mobile <i>Rec Complex</i>	Yoga <i>Rec Complex</i>

Advance Registration Rec Complex Classes:

Aqua-cize; Heart in Motion Walking Club; Physical Activity Program (by referral); Somatics Yoga; Steady Feet; Tai Chi and Qigong Relaxation; Water Wellness; Yoga for Anxiety