

Movement and Relaxation Classes for those in Chronic Pain

FREE EIGHT WEEK SERIES

Benefit from gentle movement, breathing, and relaxation exercises

Classes every Thursday
Sep 28 - Nov 16, 2017

Ty-Histanis

Location TBD

10 - 11:30

Tofino

Tofino Community Hall

12:30 - 2

Ucluelet

Ucluelet Community Centre

3:15 - 4:45

This series—specifically designed for people in pain—will teach you how to move safely, and with greater ease

To enroll, request a doctor's referral from one of these clinics:

Tonquin Medical Clinic

250.725.3282

Ucluelet Medical Clinic

250.726.4443

Ahousaht Medical Clinic

250.670.2509

Or speak with a community or home care nurse for assistance



YOU CAN REQUEST A REFERRAL TO THIS SERIES IF:

You suffer from chronic pain

You can walk—on your own, or with support like a cane

You can stay balanced on two feet—on your own, or with support like a walker

INSTRUCTORS:

Carley Grigg physiotherapist
(Island Health)

Dawn Batenchuk yoga teacher

Sharon Purdy shiatsu practitioner

Rhiannon Davis community paramedic
(Island Health)

Rachelle Cole community paramedic
(Island Health)

Amanda Pozzobon yoga teacher