



Chronic Pain School Group Education Class Veteran Information Sheet

- WHO:** This class is for Veterans experiencing chronic pain issues who are seeking chronic pain self-management tools.
- WHAT:** The class is a 10 week course on chronic pain self-management. It is broadcast from the Danville-Illiana VA Health Care System.
- WHEN:** Every Monday from 12 noon until 1 pm.

CLASS DESCRIPTION:

This class offers options to help with the management of chronic pain:

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|-------------------------------------------|-----------------------------------------------|
| Week 1-Introduction and How We Sense Pain | Week 6-Complementary and Alternative Medicine |
| Week 2-Pain Related Medicines | Week 7-Exercise for Pain Patients |
| Week 3-Myths about Chronic pain | Week 8-Nutrition and Pain |
| Week 4-Thinking and Chronic pain | Week 9-Sleep and pain |
| Week 5-Communication and Chronic Pain | Week 10-Spirituality and Pain |

IF MULTIPLE CLASSES, MAY THEY BE ATTENDED OUT OF ORDER:

Yes

WHERE:

The VA Annex Building Room 102
4241 Barnard Road Saginaw
Clinical Video Telehealth (CVT) is available for the Community Based Outpatient Clinics (CBOCs).

WILL VETERAN GET TRAVEL PAY?

Yes – if eligible

HOW CAN A VETERAN JOIN THIS CLASS?

Speak with your Primary Care Provider or a staff member on your Primary Care Team to let them know you are interested.