



Pain Toolbox Group Education Class Veteran Information Sheet

- WHO:** This class is for Veterans with **chronic** pain issues (not acute pain).
WHAT: This class is about understanding pain and improving one's quality of life.
WHEN: Monday from 2:00pm to 3:00pm.
(New class starts each first Monday of the month).

CLASS DESCRIPTION:

A three session class (one class per week) focusing on:

- How pain works: Understanding acute and chronic pain
- Improving your quality of life
- Introduction to alternative treatments and coping skills
- Eating for Chronic Pain and Inflammation

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

No.

WHERE:

Patient Education Room #1-2315 (2nd floor, Main Building Aleda A. Lutz VAMC)
Available via Clinical Video Telehealth (CVT) for all 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.

