

Choosing Mindfulness



Relieve

Managing Chronic Pain with Mindfulness

Four week class in Albuquerque
for those in pain, caregivers and professionals

***Thursdays 9/26-10/17, 2019 10 am – noon or
Saturdays 11/2 -23, 2019 10 am - noon***

\$180/person

\$160/seniors, SWBHIPA, military, students

Class covers:

- ❖ Mindfulness skills to modulate the pain experience
- ❖ The impact of thoughts and emotions on pain
- ❖ The role of trauma & stress
- ❖ Working with the negativity bias
- ❖ Shifting your relationship with pain
- ❖ **8 CEU's** for social workers, counselors, LMTs

Taught by: Bhanu Joy Harrison, LCSW
UCLA Trained Mindfulness Facilitator

**To register: www.choosingmindfulness.net
505-837-2100 x3**

