

PAPERNY FAMILY

JCC
CALGARY

PAIN CARE AWARE WORKSHOP

Regain control over your pain with a professionally guided movement experience that will educate you on techniques to manage your discomfort. Understand what your body is saying through familiarity with the foundations of awareness and regulation. A series of movements through breath, Pilates and Yoga will allow you to explore your best state for recovery and restoration. Guided by a PCA trained professional with over 50 hours of pain management education.

AUGUST 9 AND 11 | 1 - 2PM

PUBLIC \$60

MEMBERS \$50

CODE 8734

**Expanded Pain Care Aware
classes coming this Fall!**

TO REGISTER, scan QR code, go to mycalgaryjcc.com, or call the Customer Service Desk at 403-253-8600, ext.0

