



GRANTS PASS FAMILY YMCA

1000 Redwood Ave

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MOVING & COPING WITH PAIN



LEARN SKILLS TO TEACH YOU HOW TO COPE WITH YOUR CHRONIC PAIN.

**NO ONE SHOULD SUFFER FROM CHRONIC PAIN.
WE CAN HELP!**

Through Moving & Coping with Pain, participants have the opportunity to work one-on-one with YMCA staff to learn skills to help you cope with your chronic pain.

COST:\$400

WHAT IS INCLUDED:

- (6) 30-minute sessions with a personal trainer to create a personalized program to help meet your goals.
- (2) 30-minute Life Coaching sessions to help achieve goals through guidance and support.
- (2) 60-minute massage sessions to help you relax and heal.