



# RECLAIM YOUR LIFE

Chronic Pain Therapy Group

---

MEETS FRIDAYS FROM 1:30-3PM

\*MOST INSURANCES ACCEPTED, EVERYONE WELCOMED

HEARTLAND CHRISTIAN COUNSELING

6200 AURORA AVE, SUITE 401

URBANDALE, IA 50322

---

## Some Topics Covered:

- Improve Quality of Life
  - Pacing and Coping Skills
  - Relationships/Boundaries
  - Self-care: Sleep and Nutrition
  - Managing Moods
  - Philosophy of Pain Management
- 

**FACILITATOR: BARB GRAHAM, LISW** MORE INFO CALL (515)331-0303