



RECLAIM YOUR LIFE

Chronic Pain Therapy Group

MEETS FRIDAYS FROM 1:30-3PM

*MOST INSURANCES ACCEPTED, EVERYONE WELCOMED

HEARTLAND CHRISTIAN COUNSELING

1701 48th St, Suite 120

West Des Moines, IA 50266

Some Topics Covered:

- Improve Quality of Life
 - Pacing and Coping Skills
 - Relationships/Boundaries
 - Self-care: Sleep and Nutrition
 - Managing Moods
 - Philosophy of Pain Management
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FACILITATOR: BARB GRAHAM, LISW MORE INFO CALL (515)331-0303