

**Ennis Centre for Pain Management - 15 Week Multidisciplinary Pain Program  
 Schedule Wednesday, January 22, 2014 to Thursday, April 17, 2014  
 Sessions 14 and 15: Friday, October 17, 2014 and Friday, October 24, 2014**

Session #	Dates for Tai Chi *	Dates for Group Sessions	Content of Group Sessions	Relaxation Technique	Water Aerobics Program **	Activity Sessions
1		Wed Jan 22/14	1 Introduction of Staff/Group Members 2 Overview of Program 3 Evaluation 4 Take Time for Yourself 5 Introduction to Tai Chi			
2	Tues Jan 28/14	Wed Jan 29/14	1 Relaxation 2 Goal Setting - Time for Yourself 3 Understanding Chronic Pain 4 Relaxation		Thurs. Jan 30/14	
3	Tues Feb 4/14	Wed Feb 5/14	1 Relaxation 2 Structuring Your Goals 3 Sleep 4 Fitness		Thurs. Feb 6/14	
4	Tues Feb 11/14	Wed Feb 12/14	1 Relaxation 2 Goal Setting 3 Stress Management/Pacing		Thurs. Feb 13/14	

January 8, 2014

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5	Tues Feb 18/14	Wed Feb 19/14	1 Relaxation 2 Goal Setting 3 Pain Behaviours 4 Stress Management		Thurs. Feb 20/14	Fri. Feb 21, 2014 11:00 am-2:00 pm <i>Use what you learn</i>
6	Tues Feb 25/14	Wed Feb 26/14	1 Relaxation 2 Goal Setting - Barriers and Solutions 3 Productivity/Practical Aspects		Thurs. Feb 27/14	
7	Tues Mar 3/14	Wed Mar 5/14	1 Relaxation 2 Goal Setting/Review of your own sheet 3 Medication Management 4 Fitness		Thurs. Mar 6/14	
8	Tues Mar 11/14	Wed Mar 12/14	1 Relaxation 2 Goal Setting 3 Nutrition 4 Nutrition		Thurs. Mar 13/14	Friday, Mar 14/14 1pm-4pm <i>Postures and Positions</i>
9	Tues Mar 18/14	Wed Mar 19/14	1 Relaxation 2 Goal Setting 3 Communication 4 Mindfulness		Thurs. Mar 20/14	
10	Tues Mar 25/14	Wed Mar 26/14	1 Humour 2 Goal Setting 3 Accupressure 4 Fitness		Thurs Mar 27/14	Fri Mar 28/14 9:15am-12:30pm <i>Introduction to Yoga</i>

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11	Tues Apr 1/14	Wed Apr 2/14	<ol style="list-style-type: none"> <li>1 Goal Setting</li> <li>2 Relaxation</li> <li>3 Role of Significant Relationships</li> <li>4 Sexuality/Intimacy</li> </ol>		Thurs. Apr 3/14	
12	Tues Apr 8/14	Wed Apr 9/14	<ol style="list-style-type: none"> <li>1 Relaxation</li> <li>2 Review of Goal Setting</li> <li>3 Activity Session: Painting Class <i>Bring your own lunch</i></li> </ol>		Thurs Apr 10/14	
13	Tues Apr 15/14	Wed Apr 16/14	<ol style="list-style-type: none"> <li>1 Evaluations</li> <li>2 Activity Session: Cooking Class</li> <li>3 "Rate Your Plate"</li> <li>4 Closing Party</li> </ol>		Thurs Apr 17/14	
14		<u>Fri Oct 17, 2014</u>	<b>Week 14</b> <ol style="list-style-type: none"> <li>1 Self Hypnosis</li> <li>2 Goal Setting - are you still taking time for yourself</li> <li>3 Family Communication</li> </ol> 9:15 am - 12:30 pm Binkley United Church			
15		<u>Fri Oct 24, 2014</u>	<b>Week 15</b> <ol style="list-style-type: none"> <li>1 Preventing Relapse and Setbacks</li> <li>2 Other relevant topics determined by group</li> <li>3 Presentation of Certificates</li> <li>4 Return of Deposit</li> </ol> 9:15-12:30 pm Binkley United Church			

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**Time and Location of Special Events**

<b>Activity</b>	<b>Time</b>	<b>Location</b>
* <b>Tuesday - Tai Chi</b>	Time: 10:00-11:30 a.m.	Mike McGlashon 1927 King St. East Hamilton, ON
<b>Wednesday - Group Program</b>	Time: 9:15 am - 12:30 pm	Location: Binkley United Church  <b>Please note that due to Smoking By Laws there is no smoking allowed on Church Property. Those who wish to smoke must do so on City sidewalks only. Thank you.</b>
** <b>Thursday - Water Aerobic Classes:</b>	Time: 1:30 pm-2:30 pm.	St. Joseph's Villa 56 Governor's Road, Dundas, Ontario 905-627-3541
*** <b>Activity Sessions</b>	See schedule for dates and times	

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