

**Ennis Centre for Pain Management - 15 Week Multidisciplinary Pain Program  
 Schedule Wednesday, March 16, 2016 to Wednesday, June 8, 2016  
 Sessions 14 and 15: Friday, November 25, 2016 and Friday, December 2, 2016**

| Session # | Dates for Tai Chi * | Dates for Group Sessions              | Content of Group Sessions   | Water Aerobics Program ** | Activity Sessions   |
|-----------|---------------------|---------------------------------------|---|---------------------------|---|
| 1         |                     | Wed Mar 16 2016<br>Jeff<br>Debbie     | 1 Introduction of Staff/Group Members<br>2 Overview of Program<br>3 Evaluation<br>4 Take Time for Yourself<br>5 Introduction to Tai Chi |                           |   |
| 2         | Tues March 22, 2016 | Wed March 23, 2016<br>Debbie<br>Gilda | 1 Relaxation<br>2 Goal Setting - Time for Yourself<br>3 Understanding Chronic Pain<br>4 Fitness   | Thurs March 24, 2016      |   |
| 3         | Tues March 29, 2016 | Wed March 30, 2016<br>Jeff<br>Sharron | 1 Relaxation<br>2 Structuring Your Goals<br>3 Sleep<br>4 Relaxation   | Thurs. March 31, 2016     | **Fri. April 1, 2016<br>9:15am - 12:30 pm<br><i>Use what you learn</i><br>(this is a change from original schedule) |
| 4         | Tues April 5, 2016  | Wed April 6, 2016<br>Jeff<br>Martha   | 1 Relaxation<br>2 Goal Setting<br>3 Stress Management/Pacing  | Thurs. April 7, 2016      |   |
| 5         | Tues April 12, 2016 | Wed April 13, 2016<br>Martha          | 1 Relaxation<br>2 Goal Setting - Barriers and Solutions<br>3 Productivity/Practical Aspects   | Thurs. April 14, 2016     | Fri. April 15, 2016<br>9:15am-12:30pm<br><i>Postures and Position</i>   |

March 24 2016

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|----|----------------------|--|---|----------------------|--|
| 6  | Tues, April 19, 2016 | Wed April 20, 2016<br>Jeff<br>Sharron        | 1 Relaxation<br>2 Goal Setting/Review of your own sheet<br>3 Medication Management<br>4 Stress Management | Thurs April 21, 2016 | Friday, April 22, 2016<br>9:15 - 12:30 pm<br><i>Introduction to Yoga</i> |
| 7  | Tues April 26, 2016  | Wed, April 27, 2016<br>Sharron<br>Michelle   | 1 Relaxation<br>2 Goal Setting<br>3 Nutrition<br>4 Nutrition  | Thurs April 28, 2016 |  |
| 8  | Tues May 3, 2016     | Wed May 4, 2016<br>Debbie                    | 1 Goal Setting<br>2 Relaxation<br>3 Role of Significant Relationships<br>4 Sexuality/Intimacy             | Thurs May 5, 2016    |  |
| 9  | Tues May 10, 2016    | Wed May 11, 2016<br>Sharron                  | 1 Relaxation<br>2 Goal Setting<br>3 Communication<br>4 Mindfulness  | Thurs. May 12, 2016  |  |
| 10 | Tues May 17, 2016    | Wed May 18, 2016<br>Jeff<br>Sharron<br>Gilda | 1 Humour<br>2 Goal Setting<br>3 Accupressure<br>4 Fitness   | Thurs. May 19/15     |  |
| 11 | Tues May 24, 2016    | Wed May 25, 2016<br>Jeff<br>Martha<br>Gilda  | 1 Relaxation<br>2 Goal Setting<br>3 Sleep<br>4 Fitness  | Thurs. May 27, 2016  |  |

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|----|-------------------|---|--|--------------------|--|
| 12 | Tues May 31, 2016 | Wed June 1, 2016<br>Jeff<br>Sharron                       | 1 Relaxation<br>2 Review of Goal Setting<br>3 Activity Session: Painting Class<br><i>Bring your own lunch</i>  | Thurs June 2, 2016 |  |
| 13 | Tues June 7, 2016 | Wed June 8, 2016<br>Jeff<br>Martha<br>Sharron<br>Michelle | 1 Evaluations<br>2 Activity Session: Cooking Class<br>3 "Rate Your Plate"<br>4 Closing Party   | Thurs June 9, 2016 |  |
| 14 |                   | <u>Fri Nov 25, 2016</u>                                   | Week 14<br>1 Self Hypnosis<br>2 Goal Setting - are you still taking time for yourself<br>3 Family Communication<br>9:15 am - 12:30 pm<br>Binkley United Church                                 |                    |  |
| 15 |                   | <u>Fri Dec 2, 2016</u>                                    | Week 15<br>1 Preventing Relapse and Setbacks<br>2 Other relevant topics determined by group<br>3 Presentation of Certificates<br>4 Return of Deposit<br>9:15-12:30 pm<br>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<br>1927 King St. East<br>Hamilton, ON  |
| <b>Wednesday - Group Program</b>            | Time: 9:15 am - 12:30 pm         | Location: Binkley United Church<br><br><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: 1:00 pm-2:00 pm.           | St. Joseph's Villa<br>56 Governor's Road,<br>Dundas, Ontario<br>905-627-3541  |
| *** <b>Activity Sessions</b>                | See schedule for dates and times |   |

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