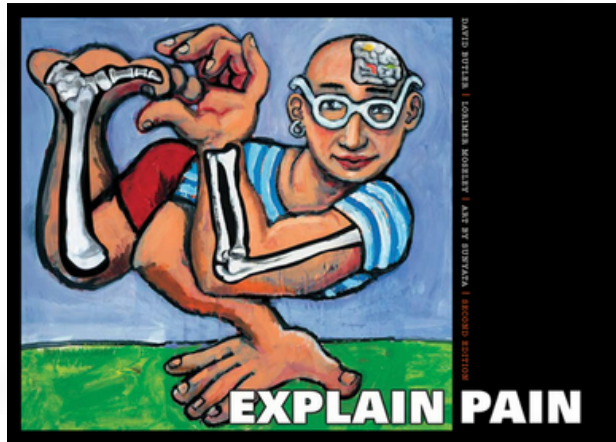




Pain Story Project

Explain Pain[®] Group



An educational program that helps you better understand how pain works. A complement to your current treatment for persistent pain. Using modern pain science, you'll explore how your nervous system balances signals of safety and threat, how your Pain Story influences your experience, and practical strategies to help you respond to pain with greater confidence and resilience. This is an educational group, not a support group or therapy.

- **4-Week Online Program**
- **Tuesdays: Aug. 25 - Sept. 15**
- **6:00 - 7:30 PM MDT**
- **\$60 requested minimum donation**

Understand Pain. Reduce Suffering. Find Hope.

www.painstoryproject.org
501(c)(3) nonprofit organization

