



Welcome to the Turning Pain into Gain Program

The Turning Pain Into Gain program is about to commence and we are happy for you access programs expert education series!!! We are delighted to bring to you the new **REVOLUTION OF PAIN SCIENCE!**

We are once again joined by fabulous presenters, experts in their own disciplines to share with us their inspiring experiences.

Traditionally pain programs are located in hospitals within pain clinics, but through funding from the WA Primary Health Alliance, we can bring this to program to you **online** at your convenience.

The interactive **self-management education presentations** will be on a variety of topics that have proven to help many people living with persistent pain. Yes, you can turn your pain into gain. Not only will this program deliver up to date medical information, it will also be fun and rewarding.

FACT: KNOWLEDGE IS POWER AND HAVING THE RIGHT INFORMATION WILL CHANGE THE WAY YOU WILL EXPERIENCE PAIN!

We encourage you to take advantage of this opportunity to learn, grow and engage with people and our health professionals in your community. The positive feedback and changes that have occurred in the lives of participants involved in the program will only continue to help you to relate to for the year ahead!

A SPECIAL INVITATION FOR YOU

Topic 1:

- **THE EXPLOSION OF THE PAIN REVOLUTION**
- **TAKE CONTROL and RECRUITING YOUR PAIN TEAM**

Main Presenter: Joyce McSwan – Clinical Director and Pharmacist.

*Educational material at attached. Please have notes while viewing

Tips to achieving SUCCESS in the Pain Program

- * Stay consistent with your efforts – Practice makes permanence!
- * Be open to learn new ways of managing pain
- * Stay updated with the NEW science in managing pain
- * Set realistic and achievable goals
- * Create a positive supportive network
- * Prepare an Action Plan followed by ACTION
- * Asking questions to get the answers you need
- * Don't give up!

Helpful Resource: Managing Your Pain

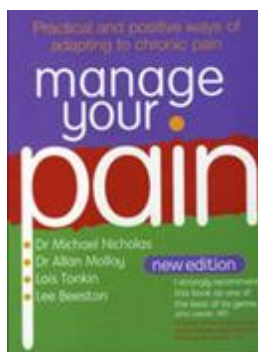
by M.Nicholas, A.Molloy, L.Tonkin and L.Beeston

This book has been written by health professionals who have gained an in depth understanding of the challenges faced by people with persistent pain.

It is a practical guide written in easy to understand language while delivering enough useful information to help you ask the right questions.

It complements the program very well and would be a great reference to have on hand to help you get the most out this program.

It is available on Amazon or in ABC bookshops, or join the Australian Pain Management Association (www.painmanagement.org.au) and receive a member discount.



Looking forward to seeing you all again !!!!!

