

EMPOWERED RELIEF®

Join our single-session, evidence-based
pain management class to:

Learn about pain and what you can do to help yourself

Gain pain relief skills you can use right away

Receive a free binaural relaxation audio file

Create a personal plan for pain relief

Bring a friend or family member with you!

This class takes place the second Tuesday
of each month, 12 – 2PM.



@EmpoweredRelief

empoweredrelief.stanford.edu

REGISTER

To register, please call us at **616.840.8070**. The class is
billed to insurance.



Empowered Relief®
TRAIN YOUR BRAIN AWAY FROM PAIN

Mary Free Bed®
Rehabilitation