

PAINSAVVY

LED BY MARI HODGES

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WALK & TALK



Summer schedule

May 26	Chronic pain
June 9	Chronic pain
June 23	Online
July 14	Back pain
July 28	Back pain
August 11	Neck pain
August 25	Knee pain



FREE COMMUNITY PROGRAM

Hosted by the YMCA

Date: Begins May 12 occurring every 2nd & 4th Sunday of the month

Time: 11:00 a.m.

Talk: Missoula YMCA, 3000 S. Russell St.

Walk: Playfair Park (Located behind the YMCA)

Participants must register prior to attending first talk. Please come a little early. Register at <https://bit.ly/49xfGSd> or scan the QR code.

Class Description:

Learn about strategies for preventing and overcoming persistent pain, increase movement and have fun! Join us for a 25-minute talk about pain and evidence informed pain management followed by an optional 25-minute walk. Times are approximate and you are welcome to walk as much or as little as you like at your own pace. No cost, registration required.

