

PainSavvy Walk & Talk



Learn, move & have fun!

A free community program to help prevent and overcome persistent pain. Come learn science-informed strategies followed by an optional group walk. Just listen or walk as much or as little as you like at your own pace!



Did you know that...

- learning about pain combined with movement & social interaction can help reduce pain?!
- advances in pain science research can help you get back to moving and get back to what's important to you?!



All are welcome!



2nd & 4th Sundays at 1:00 pm
(3/9, 3/23, 4/13, 4/27, 5/11, 5/25)

3/9 Sleep-diet-pain connection (3rd Fl. Ellingson Room)
3/23 The Knee Osteoarthritis Handbook presentation

Missoula Public Library, 4th Fl. Blackfoot Room
Join online at: <https://bit.ly/PainSavvy2025>



Find out how to retrain the pain system

Led by Mari Hodges, MScMed (Pain Mgmt), TPS, M.AMSAT
Hosted by Missoula Public Library

Learn more at <https://discoverease.how/painsavvy-walk-talk/> or
contact: painsavvywalkandtalk@gmail.com