



# Empowered Relief™

*Train your brain away from pain*



- 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!

**Date:** Monday, May 6, 2024

**Time:** 2:00 PM PST

**Register Here:** <https://bit.ly/3Ry7z0v>

**This FREE  
evidence-based,  
skills-based class  
requires only one 2-  
hour session!**

**Developed and  
tested by pain  
psychology  
scientists at  
Stanford University.**

**Empowered Relief is  
also available in  
Spanish.**

**For more  
information contact  
CHPCommunityEvents@sc  
anhealthplan.com or via  
phone  
866-421-1964**