

# Rotating Workshops

## Wednesday 6-7:30 pm

Updated 12/10/19

Date	Class	Name + MR#
1/8/20	Self-Care	<p>Typical class location: <i>Conference Rooms 1 &amp; 2 or H1A</i> (<u>subject to change- PLEASE SEE CURRENT CALENDAR FOR CONFIRMATION</u>)</p> <p>Please contact the Pain Management Department for SCHEDULING (<i>these classes require prior registration – they are not drop in classes</i>) and any additional information: <b>707-624-3328.</b></p> <p><b>*** Requires Prerequisite Classes/Assessment</b></p> <ul style="list-style-type: none"> <li>Advanced Tai Chi = Tai Chi/Mindful Movement Class or experience with Tai Chi - OR approval from Pain Team/Clinician</li> <li>Strength &amp; Conditioning and Self Mobility = Fitness &amp; Body Mechanics OR approval from Pain Team/Clinician</li> </ul>
1/15/20	Sleep Hygiene	
1/22/20	Flare Management	
1/29/20	Nutrition to Tame the Flame: <i>Back to Basics</i>	
2/5/20	Nutrition to Tame the Flame: <i>Back to Basics</i>	
2/12/20	Self-Mobility Training ***	
2/19/20	Self-Mobility Training***	
2/26/20	Self-Mobility Training***	
3/4/20	Advanced Tai Chi***	
3/11/20	Advanced Tai Chi***	
3/18/20	Advanced Tai Chi ***	
3/25/20	Advanced Tai Chi ***	
4/1/20	Strength & Conditioning ***	
4/8/20	Strength & Conditioning ***	
4/15/20	Strength & Conditioning ***	
4/22/20	Strength & Conditioning ***	
4/29/20	Happiness	
5/6/20	Happiness	
5/13/20	Happiness	
5/20/20	Nutrition to Tame the Flame: <i>Preparation for Success</i>	
5/27/20	Nutrition to Tame the Flame: <i>Preparation for Success</i>	
6/3/20	Self-Care	
6/10/20	Sleep Hygiene	