



Program Agenda:

- Emotions, PTSD and pain
- Mindfulness
- Breathing
- Guided imagery
- Enhancing movement/Tai Chi
- Nutritional approaches
- Relationships and pain

Presenters:

Timothy Wolfram, PsyD
Health Behavior Coordinator
Clinical Psychologist

Joseph Graca, PhD
Clinical Psychologist

Kari Taylor, PhD
Clinical Psychologist

Richard Schwegel, MBA, RD
Health Promotion Disease
Prevention Program Manager

Anne Rich, CNP
Nurse Practitioner

Dan Baumgartner, RT
Recreational Therapist

Heather Merritt, RD
Clinical Dietitian



Our Mission:

To “honor America’s Veterans by providing exceptional health care that improves their health and well-being.”

We strive to provide Veterans with world-class benefits and services they have earned, and will adhere to the highest standards of integrity, commitment, advocacy, respect, and excellence.

**Thank you for your service.
Now let us serve you.**

St. Cloud VA Health Care System
4801 Veterans Drive
St. Cloud, MN 56303-2099
320-252-1670 | 800-247-1739

www.stcloud.va.gov

www.facebook.com/StCloudVAHCS

Mind-Body Chronic Pain Management

**An Educational Seminar for
Veterans and their Families**





You are invited to attend:

Mind-Body Chronic Pain Management: An Educational Seminar for Veterans and their Families

St. Cloud VFW Post 428

Thursday Oct 25, 2012

9:00AM-11:30AM

OR

St. Cloud VA Medical Center Auditorium (Building #8)

Thursday Oct 25, 2012

6:00PM-8:30PM

This program is designed for Veterans and their families who want to learn more about mind-body wellness techniques that will assist with self management of chronic pain. This is an interactive seminar that will involve audience participation.

This program is free. There is no co-pay. Travel pay is **not** authorized for those who attend.

Location:

Morning Seminar:

Veterans of Foreign Wars (VFW Post 428)
9 18th Ave N, St. Cloud, MN

This is the VFW next to the Granite Bowl off of Division Street in St. Cloud. The event will be held in the lower level.

There is ample parking available at the VFW. There are 8 handicapped parking spots on the west side of the building. Wheelchair access is on the south side of the VFW with an elevator to the lower level.

Evening Seminar:

St. Cloud VA Medical Center Auditorium (Building #8)

There is ample parking at the St. Cloud VA.

Registration Form:

Mind-Body Chronic Pain Management: An Educational Seminar for Veterans and their Families

Oct. 25, 2012

Name: _____

Attending _____

Check which seminar attending:

VFW morning seminar _____

or

VA evening seminar _____

Send your registration to the following address by Oct 11th:

St. Cloud VA Medical Center Education (ED) #48-6
4801 Veterans Drive
St. Cloud, MN 56303-2099

Questions call Mental Health Clinic: (320) 255-6322 from 7:30AM-4:30PM