

# July 2026

To Register, please call:

**Pan Am In-Person sessions: 204-927-2609**

**HSC Virtual sessions: 204-787-3018 ext.6**

**\*\*If you are leaving a message, please include the title/date of the workshop as well as your name, date of birth, phone number, and email address. Please indicate if you are a patient of the Pan Am or HSC Pain Clinic.**

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7 Intro to Pain Care HSC Virtual 11:00 a.m- 12:00 p.m.	8 Pacing for Low Energy and Persistent Pain HSC Virtual 1:00-2:30 p.m.	9	10
13	14 Managing Stress with Persistent Pain HSC Virtual 10:00 a.m.-12:00 p.m.	15 Intro to Pain Care Pan Am In-Person 1:00-2:30 p.m. Intro to Pain Care HSC Virtual 1:00-2:00 p.m.	16	17
20	21	22 Intro to Pain Care HSC Virtual Evening Session 6:30 -7:30 p.m.	23 Pain Reprocessing Therapy HSC Virtual 1:00-3:00 p.m.	24
27	28	29	30	31

# August 2026

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Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Reframing Exercise and Persistent Pain HSC Virtual 1:00- 2:30 p.m.	5	6	7
10	11 Communicating with Persistent Pain HSC Virtual 1:00- 2:00 p.m.	12 Intro to Pain Care Pan Am In- Person 1:00-2:30 p.m.	13	14
17	18 ACTING on Persistent Pain HSC Virtual 10:00 a.m - 12:00 p.m.  Understanding Persistent Low Back Pain HSC Virtual 1:00-2:30 p.m.	19	20	21
24	25	26	27	28
31				