



PERMANENTE MEDICINE®
The Permanente Medical Group

Level 3: Intensive Pain Management Class Week 8

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Renee Garvin PT**



Week 8 Flare Kit and Relapse Prevention

CONTINUE FLARE
KIT
PRESENTATIONS

*DISCUSSION
ABOUT GRADUATE
CLASSES AND
GRADUATE CLASS
SCHEDULES.*

SIGN UP FOR AT LEAST 1
CLASS TO ATTEND THIS WEEK
OR NEXT WEEK.

CURRENT GRADUATE GROUP SCHEDULE

Skills & Meditation Groups

Mondays 10 am to 11 am

Tuesdays 1:30 pm to 2:30 pm

Exercise Groups

Mondays 9 am to 10 am

Tuesdays 2:30 pm to 3:30 pm

Fridays 2 pm to 3 pm