

Mindfulness-Based Chronic Pain Management (MBCPM™)

## ONLINE PATIENT COURSE



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MBCPM™ Facilitator

**Patients suffering from chronic pain, chronic disease, and chronic stress learn the principles of mindful Meditation, the benefits of living in the moment and how these relate to suffering less pain.**

- **Course Dates:** January 20 (EST) to April 14, 2021 (EDT)
- **Course Schedule:** Wednesdays from 10:30 am to 1:00 pm
- **Format:** Online interactive via Zoom
- **Ontario residents only. Course covered by OHIP** with doctor/nurse practitioner referral through completion of our [NNC Referral Form](#)
- **Cost of materials:** Approximately \$70 - \$90

Please contact Katherine at [team@neuronovacentre.com](mailto:team@neuronovacentre.com) to enrol.