

When you arrive

Please remember to check in on the first floor of building 4, in room **1A-107**, before coming to room **1A-152**.

Please help us be available to see other veterans by letting us know if you cannot attend any appointment.

Call the Primary Care Behavioral Health clinic at **254-297-5054** if you have any questions or need to cancel or reschedule an appointment.



Our Mission

Our Servicemembers and Veterans have sacrificed to keep our country—and everything it represents—safe.

We honor and serve those men and women by fulfilling President Lincoln's promise *"to care for him who shall have borne the battle, and for his widow, and his orphan."*

We strive to provide Servicemembers and Veterans with the world-class benefits and services they have earned, and will adhere to the highest standards of compassion, commitment, excellence, professionalism, integrity, accountability, and stewardship.

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



Waco Primary Care Behavioral Health

Building 4 (116PCBH)
4800 Memorial Drive
Waco, TX 76711-1329
Phone: 254-297-5054

<http://www.centraltexas.va.gov/services/mentalhealth.asp>

Do you feel like PAIN is controlling your life?



BEHAVIORAL Chronic Pain Class



VA
HEALTH
CARE | Defining
EXCELLENCE
in the 21st Century



About the Program

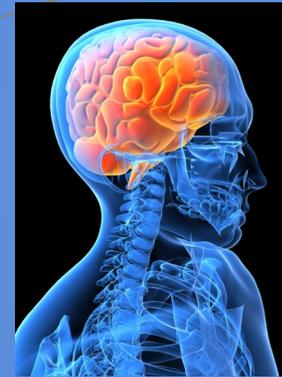
Chronic pain is a problem for millions of people around the world. Scientists continue to work to understand, treat, and prevent chronic pain.

Medications alone do not typically control or manage all of the pain. In fact, managing chronic pain involves many different parts.

This is a 4 week class designed to assist you in creating a plan to improve your own pain management and help you live a more fulfilling life.

The purpose of this class is to assist you in...

- ⇒ Learning about active management of pain and different theories of chronic pain.
- ⇒ Learning new ways to manage pain, mood, and stress.
- ⇒ Learning about the role of activity and exercise in the management of pain and creating a plan for your activities.
- ⇒ Learning methods of relaxation.
- ⇒ Learning ways to use and communicate with doctors, family, and friends about pain.



Getting Started

First, you must be referred by your nurse or doctor for a first meeting to determine if the class best fits your needs.

When Are Classes Held?

The class meets once a week, and you must be scheduled to attend.

It meets from
10:00am to 11:30am
on **Fridays.**

