

NEW Chronic Pain Program for Eastern Oregon CCO Members!

The Eastern Oregon Coordinated Care Organization is pleased to announce it will be piloting a new online non-pharmacological chronic pain treatment program.

[Pain School](#) is a four-week online program (offered 1.5 hours, 1 day per week) and includes education, cognitive behavioral techniques and movement therapy. Course participants will receive tools and resources that help reduce pain, as well as improve quality of life and function.

This program is focused on the total person, not just the pain. A physician or primary care provider referral is helpful, but not required for patients to become a participant.

Schedule:

Tuesdays 6:00 - 7:30 PM
July 3rd, 10th, 17th, & 24th

If you would like to make a referral or provide a link for patients to get signed up, please visit:

<https://www.painschool.co/register/>

or call Mark Altenhofen at: (503) 915-2055
(Phone contact for providers & staff only)

Pain School Online is being offered through a grant from the Eastern Oregon Coordinated Care Organization. It is free for Eastern Oregon CCO Members living in Baker, Gilliam, Grant, Harney, Lake, Malheur, Morrow, Sherman, Umatilla, Union, Wallowa, & Wheeler Counties.

Note: This program is intended to compliment, not replace, the existing non-pharmacological pain clinic programs currently operating at the

**Center for Human Development in La Grande and Total Health in Baker
City.**



eoocco

**EASTERN OREGON
COORDINATED CARE
ORGANIZATION**