

Lectures & Classes

Community Education Program

The Bay Area Pain and Wellness Center specializes in pain management by offering the most comprehensive approach to pain treatments.

In an effort to make our practice more accessible to our community, we created an education program so you could benefit from our experience in pain management. The following list the lectures and classes offered by BAPWC. These are open to the public.

We look forward to seeing you in our center.

Schedule your class today
(408) 364-6799
www.bapwc.com

"Restore function, take charge, live well."

Healthy Bodies I and II

This class, taught by certified personal trainers, focuses on exercises that lead to increased function, endurance, strength, flexibility and balance.

Tuesday, Healthy Bodies I,
Thursday, Healthy Bodies II,
4:00-5:00 p.m. | Fee: \$25.00 per class

Introduction to Wellness and Therapeutic Movement

This class is designed to teach different ways to integrate relaxation and movement into your daily life. Wellness activities may include mindfulness meditation, relaxation breathing, meditation imagery, Tai Chi, Qigong and Yoga.

Mondays, Introduction to Wellness,
Wednesdays, Therapeutic Movement,
4:00-5:00 p.m. | Fee: \$25.00 per class

Flare-up Management

This lecture teaches how to manage an ongoing pain problem. The tools learned will assist you to successfully build your physical level while managing your pain symptoms.

Schedule: 1st Wednesday of the month,
4:00-5:00 p.m. | Fee: \$10 per lecture

Stress Reduction

This lecture teaches the difference between an acute and chronic stress response. You will also learn stress management techniques such as breathing and mindfulness meditation. And we will also help you answer the now infamous question; why don't zebras get ulcers?

Once a month,
Fee: \$10 per lecture

Introduction to Chronic Pain

There is no cure for chronic pain, but with proper treatment, a person can reach higher functional levels and reduce medication intake. This lecture introduces tools, knowledge and behavioral changes necessary to take charge of your chronic pain and maximize your functional improvement and emotional well-being.

Once a month,
Fee: \$10 per lecture

Medication Overview

This lecture presents the effects of opioids such as morphine, OxyContin, Duragesic, or methadone, and how physical dependency to these types of medicine can destroy lives of people with chronic pain. You will also learn about buprenorphine, an alternative to heavy opioids that doesn't cause the same kind of physical dependence.

Once a month,
Fee: \$10 per lecture

Quit Smoking

This six-week course is devoted to teach various cognitive behavioral and relaxation techniques to help with quitting smoking. During the course, you are introduced to nicotine replacement therapy; changing thoughts about smoking, self hypnosis and affirmations. Additionally, time will be spent troubleshooting roadblocks and barriers to change, as well as to prevent relapses.

Monday,
5:30-6:30 p.m. (on hold) | Fee: \$75 per six-week course

Seven Steps to an Extreme Makeover

This lecture teaches seven key components to transform living with chronic pain; from pain controlling your life, to you taking charge of chronic pain. This class provides an overview of steps to live a happy and healthy life with chronic pain.

Schedule: 1st Monday of the month,
3:00-4:00 p.m. | Fee: \$10 per lecture

At Home: Helping Others Help You

Chronic pain leaves a person feeling more vulnerable than usual. It can take a lot of courage to put our intimate feelings and thoughts out there and not know for certain how the other person is going to respond. In this 3-class course we focus on developing communication skills needed to help those around you help you.

Schedule: 2nd, 3rd, & 4th Mondays of the month,
3:00-4:00 p.m. | Fee: \$10 per lecture

Expressive Arts for Health

These classes offer a variety of expressive art services that include art therapy support groups, visual journaling workshops and an open art studio. In addition, the classes spearhead art-involved events designed to foster a social community.

January-May,
Fridays,
Fee: Contact Christine Hirabayashi at
(408) 357-7656

Introduction to Headaches & Migraines

This lecture introduces tools, knowledge and behavioral changes necessary to take charge of your headaches. You are introduced to medication, physical and behavioral therapy, diet modification and nutritional supplements as tools to prevent and treat headaches and migraines.

Wednesdays,
2:00-3:00 p.m. | Fee: \$10 per lecture

Mindfulness Based Stress Reduction

This is an eight-week course that teaches the principles of mindfulness meditation to reduce stress and increase overall levels of mental and physical health.

Wednesdays,
5:30-7:30 p.m.
Fee: Contact Shaylin Ebert at (408) 357-7675

Group Process

This class is designed to assist our Functional Restoration Program graduates to continue to integrate the pain management tools learned in our program. Group Process class offers a warm, supporting and understanding environment to discuss the challenges and successes after graduation.

Tuesday,
3:00-4:00 p.m. | Fee: \$10 per class

 Bay Area
Pain & Wellness
C E N T E R
Where Today Happens

