



Pain Neuroscience Education

Learn what we know about pain from a Psychologist. This class talks about:

- The neurophysiology and the biopsychosocial model of pain.
- The Protectometer and 7 categories of danger (DIMs) or safety (SIMs) messages.
- How our nervous system can “wind up” and “wind down.”
- Ways to change your pain experience.

Class Type	Date	Time	How to Register
Online	Thursday, February 27, 2025	1:30 p.m. – 3:30 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Thursday, June 26, 2025	1:30 p.m. – 3:30 p.m.	

Click “register online” to see if there are additional class dates available.

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

[Sign-up](#) for the e-newsletter and updates from the Alberta Healthy Living Program – Calgary Zone.

