



TRAIN YOUR BRAIN AWAY FROM PAIN

This evidence-based, skills-based class requires only **ONE VISIT!**

Learn about pain and what you can do to help yourself

Gain pain relief skills you can use right away

Receive a free binaural relaxation audiofile

Create a personal plan for pain relief

Bring a friend or family member with you!



"I wish my doctor told me about this class on Day 1! Finally I have tools to manage my pain."

— Janice

TO REGISTER

Contact the orofacial pain specialist during consultations or her assistants.

 @EmpoweredRelief

<https://empoweredrelief.stanford.edu>



Empowered Relief®

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