

A **Chronic Pain Support Group** will give you the tools to begin managing your pain.

Join this regular support group for increased hope and confidence to live a healthier life.

### Your Facilitator:

**Debbie Murphy, NBC-HWC**

Pain in the Rear View, LLC  
- **Certified Pain Coach**  
- **National Board Certified Health and Wellness Coach**



My own journey from 21 years of chronic pain to gaining control of my suffering has prepared me to help others struggling with pain and other health & wellness issues.

I understand those who struggle to maintain hope and purpose as they seek to manage their overwhelming pain.

## Get started managing your pain

**Debbie Murphy**

**Certified Pain Coach**

979-429-2912

[PainInTheRearView.com](http://PainInTheRearView.com)

[debbie@PainInTheRearView.com](mailto:debbie@PainInTheRearView.com)

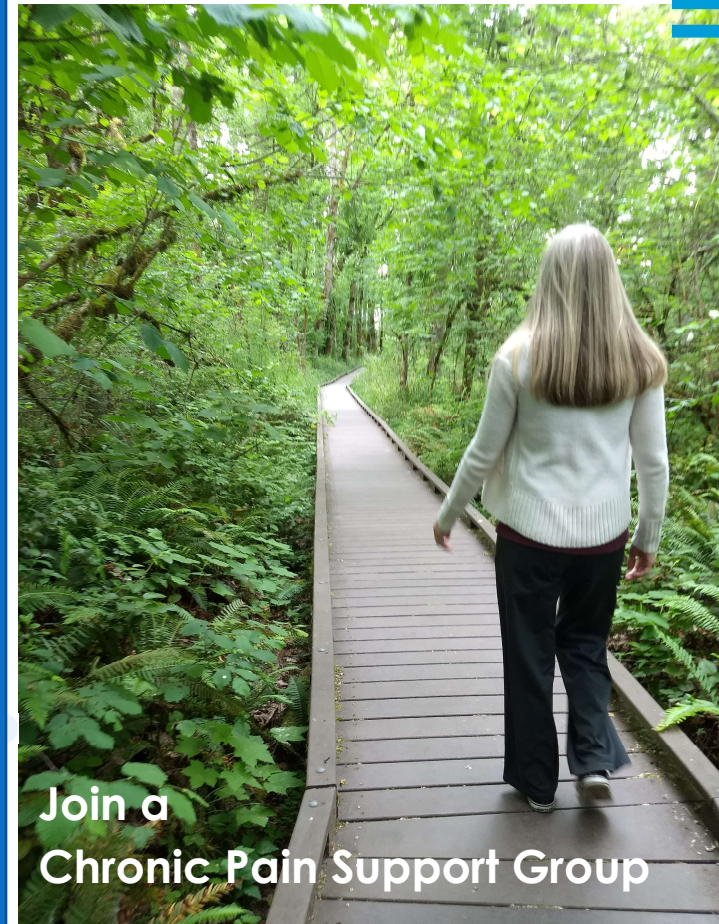


**“I can choose to rise from the pain and treasure the most precious gift I have – life itself”**

– Walter Anderson

# PAIN SUPPORT GROUPS

Don't Do It Alone



**Join a Chronic Pain Support Group**

## You don't need to do it alone.

Have you struggled to manage your chronic pain?

Get encouragement, hope, and resources by joining an **online** or **in-person** (College Station, TX)

**Chronic Pain Support Group.**



“Thank you so much for your time today! I enjoyed everything you shared. I’m excited to put more tools in my tool belt!

- Support Group Member

## TOPICS INCLUDE:

- Have I really tried “Everything”?
- Making good treatment decisions
- Avoiding the chronic pain cycle
- Managing complicated emotions
- Understanding how pain works
- Communicating with doctors, family, and friends
- How your mind impacts pain levels
- Healthy eating and chronic pain



Get started in an **online** or **in-person** (College Station, TX)

### Chronic Pain Support Group

Sign up at:

[PainInTheRearView.com](http://PainInTheRearView.com)

Email [info@PainInTheRearView.com](mailto:info@PainInTheRearView.com) for more information

Take charge of your pain and begin to THRIVE