

# Reclaim Your Life



## Ivy Avenue Wellness Center

### Don't let pain call the shots

Get your life back with a 10-week program where you learn new ways to:

- ▶ Change your experience of pain
- ▶ Feel energized and engaged
- ▶ Make a wellness plan for the whole you
- ▶ Balance recovery with pain management

### If you've tried everything, try us.

We focus on activities that improve your quality of life so you can get back to doing what you like to do.

You'll get training in relaxation and movement to help you manage and cope with pain.

Our well-rounded program can be tailored to meet your special needs.

**Call us at 503-815-2704**

## Move forward with your life

Call us for a one-hour briefing on our program to see if it is right for you. Next, you'll meet with a pain specialist and get more details about our 10-week program.

You still see your own doctor, who prescribes for you, and we'll help you strengthen that relationship.

Our experienced clinical staff have a variety of specialties and a deep background in pain treatment.

## People just like you find relief

"Everyone here understands."

"Taking this class was the best decision I ever made."

"I learned things I will use for the rest of my days."

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1105 Ivy Avenue  
Tillamook OR 97141

**Call: 503-815-2704**



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Our services are covered by the  
Oregon Health Plan (Medicaid).