

National Pain Awareness Week

You can register for an event by clicking on its title/time.



Scan me:



| Time (EST) | Nov. 3 (Monday) | Nov. 4 (Tuesday) | Nov. 5 (Wednesday) | Nov. 6 (Thursday) | Nov. 7 (Friday) |
|---|---|--|---|---|--|
| National Pain Awareness Week Toolkit - all week - click here! | | | | | |
| 12:00 | Understanding Trauma and Its Connection to Pain 12 - 1 pm EST | | Making Sense of Chronic Pain Medications and Management 12 - 1 pm EST | | Understanding why my jaw is painful, how can I chew better 12 - 1 pm EST |
| 1:00 | Conference opening and welcome 1 - 1:30 pm EST | Living with chronic pain: A decolonial analysis 1 - 2 pm EST | Peer-supported social connection 1 - 2 pm EST | Overcoming isolation through the power of human connection 1 - 2 pm EST | Digital health tools for chronic pain management 1 - 2 pm EST |
| | Caregiving and pain: Navigating the journey together 1:30 - 2:30 pm EST | | | | **Pain After 65: Opening Up, Understanding, and Living Well 1:30 - 2:30 pm EST |
| 2:00 | Gentle movement - Yoga Nidra for deep relaxation 2:45 - 3:15 pm EST | Art and stories: Digital storytelling 2:45 - 3:15 pm EST | Gentle movement: Managing pain with Prāṇāyāma 2:15 - 2:45 pm EST | Art and stories: Digital storytelling 2:15 - 2:45 pm EST | Gentle movement: Guided meditation for chronic pain 2:15 - 2:45 pm EST |
| 3:00 | Pain hacks: Your practical toolkit 3:30 - 4:30 pm EST | Helping you help yourself 3 - 4 pm EST | Neurodiversity and pain: Exploring body-based approaches to regulation 3 - 4 pm EST | Peer-supported social connection 3 - 4 pm EST | Mapping the future of pain research 3 - 4 pm EST |
| 4:00 | | | | | Closing ceremony 4 - 4:15 pm EST |

** Please note that this workshop will be presented in French. English captions can be turned on in Zoom.