



Pain Care Prescription

1. Go to www.lifeisnow.ca
2. Click on Pain Care Pro from anywhere on the website.
 - () Complete the introductory five steps
 - () Watch the Overcome Pain Webcasts
 - () Purchase Pain Care Pro
 - 30% discount with this coupon _____
 - () Rebook to review your progress in ___ weeks.
3. Take your time with this material. Watch it more than once. Take notes and ask me questions. My job is to help you understand – making this complex information more simple.
4. Listen to the techniques and practice them every day, over and over until they start to help. Be patient. Be persistent.
5. If you purchased Pain Care Pro, use the Recovery Model as your guide. This will show you when and how to progress through pain care lessons.

Notes

Provider Name _____ Provide Number _____