

PAIN RESOURCE CARD

P



Physical Movement

Reset pain signals, keep moving.

A



Awareness & Mindset

Stress makes pain worse —Mindfulness helps.

I



Intervention & Support

Therapy, physiotherapy, and alternative treatments.

N



Nutrition & Recovery

Eat well, sleep well, and manage stress.

Chronic Pain
Isn't Just Physical

'TAILGATE TOOLKIT'

SELF-MANAGEMENT RESOURCES

Calgary Foothills Primary Care Network (Referral Required): ☎ 587-774-9736

Pain education, coping strategies, and clinician support.

Alberta Healthy Living Program (Free Group Workshops): ☎ 1-844-527-1160

6-week pain management program covering sleep, nutrition, stress management, and movement.

Running Shoe Restorative Healthcare - Pain Clinic: ☎ 587-391-4830

Physiotherapy, chiropractic care, massage, acupuncture, psychology, and pain treatments.

**Pain doesn't have to control you,
take the next step**



Calgary
Construction
Association