

All group classes are held at the **Greenleaf Medical Clinic**  
at **218 - 9525 201 Street, Langley, BC, V1M 4A5**

### Therapeutic Yoga for Chronic Pain

*with Krista*

80 minutes - 6 week program

This program uses principles of pain science to help patients learn to move safely. Patients will practice gentle exercise sequences that are designed to reduce fear in the body, create internal safety signals, while at the same time improving health, balance and flexibility.

MONDAYS Jan 9, Jan 16, Jan 23, Jan 30, Feb 6, Feb 20

Class Time: 9 AM or 12:00 PM

### Pain Sciences

*with Krista*

80 minutes - 6 week program

This program will introduce major principles on how pain works, why flare-ups happen and how stress, relaxation, exercise and even thoughts and emotions can change the way we experience our pain. This program will integrate components of cognitive therapy, mindfulness, pacing, exercise and communication skills to help patients understand their pain and start to change it.

MONDAYS Jan 9, Jan 16, Jan 23, Jan 30, Feb 6, Feb 20

Class Time: 10:30 AM

### Nutrition How Food Affects Pain

*with Krista*

80 minutes - 2 week program

This short program will introduce the major concepts of eating well for optimum health. There are many basic rules around healthy eating, but some of those rules change when you have chronic pain. Some foods that appear healthy can become pain generating and cause inflammation. Patients learn how to make changes to their diet.

MONDAYS Jan 9, Jan 16

Class Time: 1:30 PM

### Sleep Therapy

*with Krista*

80 minutes - 4 week program

This program is designed to reboot disrupted sleep patterns using a combination of sleep scheduling, sleep hygiene, cognitive therapy, relaxation and stress management. Patients will also learn ways to make their sleeping position more comfortable. This program has been created for people living with chronic pain, but is appropriate for almost anyone living with insomnia or disturbed sleep patterns.

MONDAYS Jan 23, Jan 30, Feb 6, Feb 20

Class Time: 1:30 PM

### Meditation and Relaxation

*with Krista*

80 minutes - 6 week program

Patients learn how their bodies stress response can generate pain and practice using tools to decrease the stress response and improve relaxation skills. This program will introduce several different relaxation and meditation techniques including mindfulness, various breath techniques and body scans, and imagery.

MONDAYS Jan 9, Jan 16, Jan 23, Jan 30, Feb 6, Feb 20

Class Time: 3:00 PM

### Cannabis 101

*with Fonda*

80 minutes - 5 week program

This program is designed for patients who are not yet using cannabis. The course content will provide education on the endocannabinoid system, differences between THC and CBD and strain types, how to profile strains for symptom management, an overview of vaporization techniques and cannabis oil titration. During this program, we will utilize the products offered by the corporate sponsor to increase patient registration numbers with the specific LP.

FRIDAYS Jan 13, Jan 20, Jan 27, Feb 3, Feb 10

Class Time: 3:00 PM

### MEET OUR HIGHLY SKILLED EDUCATORS

*\*Limit of two classes per person*

#### Krista Freisen

Krista Freisen, Msc, BA, PgCPain, CYT, CPI, is an experienced yoga and pilates therapist, with a Masters in Neuropsychology and a post-graduate certificate in chronic pain management. She specializes in teaching safe movement, changing disturbed sleep and helping people better understand and manage their chronic pain with techniques from many different fields including yoga, mindfulness, cognitive therapy, non-violent communication, acceptance and commitment therapy and others. She has been teaching people in pain for 5 years.

#### Fonda Betts

Fonda Betts is the CEO of the Greenleaf Medical Clinic and has been educating patients on the use of cannabis as an alternate treatment option for their symptoms since 2011. She has extensive knowledge in cannabinoids in clinical practice from the University of Toronto Faculty of Medicine and is currently enrolled in a comprehensive medical cannabis curriculum from The Medical Cannabis Institute.

Her passion for Health and Wellness includes studying herbal medicine, teaching yoga and working one-on-one with patients to ensure that their symptoms are improving with using medical cannabis.

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**\*A financial educational grant has been provided by MedReleaf to support these Educational Group Classes\***

Please RSVP to [groups@greenleafmc.ca](mailto:groups@greenleafmc.ca) or call us at **1-877-513-4769!**  
Let us know the group(s) name and time that you would like to attend.

**\*Group classes fill up quickly. Register Early!\***