



# Empowered Relief™

TRAIN YOUR BRAIN AWAY FROM PAIN

**Please join us for a FREE 2-hour class!**  
This evidence-based class requires only one visit.

- Learn about pain and what you can do to help yourself
- Gain pain relief skills you can use right away
- Receive a free binaural relaxation audiofile
- Create a personal plan for pain relief
- Bring a friend or family member with you!



**Register today!**

**Call: 661-951-3375**

**[hdmghealtheducation@hdmg.net](mailto:hdmghealtheducation@hdmg.net)**



*[hdmg.net](http://hdmg.net)*