



## **Low Cost Options for Chronic Pain Care In Eugene and Lane County**

### **FREE**

*These chronic pain care options are free to our patients and caregivers.*

Physical Therapy. [Axis Physical Therapy](#) monthly balance class. First Thursday of the month from noon-1 p.m. at Willamette Medical Center, 2401 River Road, located in the Community Room, lower level.

[Tamarack Wellness Center and Pool](#) Ai Chi sessions. Saturdays (except 5<sup>th</sup> Saturday) from 3-4 p.m. [Click here for flier.](#)

Pain Support Group. Every second Tuesday of the month, 6-8 p.m., at Willamette Medical Center, 2401 River Road, Eugene, OR 97404. Contact: [fibrosupp11@yahoo.com](mailto:fibrosupp11@yahoo.com). Blog: [www.lanecountyfmsgroup.blogspot.com](http://www.lanecountyfmsgroup.blogspot.com).

Living Well with Chronic Pain

Living Well with Chronic Conditions

Living Well with Diabetes

These are six-week workshops with a 2.5-hour class each week. Call to find out about available workshops throughout Eugene and Lane County and details of the next session starting in your area, 541-682-4103 or e-mail: [livingwell@lcog.org](mailto:livingwell@lcog.org).

### **LOW COST**

#### **Counseling:**

Eugene Therapy: Comprehensive Mental Wellness Services for individuals, couples and families. [www.eugenetherapy.com](http://www.eugenetherapy.com) and e-mail [info@eugenetherapy.com](mailto:info@eugenetherapy.com)

#### **Acupuncture:**

Darby Valley, L.Ac., (Cottage Grove and Eugene locations), 541-357-7530. Ask about sliding scale.