

Holistic Pain Management Classes

Presented by

Kate McCaffrey, D.O. & Kerima Furniss, MSW

As part of the Integrative Pain Management approach at
Redwood Osteopathy, Inc.

Two classes meet at the office, one early evening every Tuesday and one
Mid-afternoon every Wednesday. Patients may attend a
First class immediately after an intake evaluation with Dr. McCaffrey.

- * Manage your pain
- * Understand stress and how to cope with it
- * Greater comfort through guided imagery
- * Discover the relaxation techniques that work best for you
- * Learn about "Smart Activity" and pacing
- * Quiet your thoughts and worries
- * Learn to deal with anxiety, depression and insomnia
- * Get support and ideas from others who understand your experience

Classes are presented under the direction of
Dr. McCaffrey & Kerima Furniss, MSW, who is a medical social worker
with a specialty in stress and pain management.

Classes are open to patients of Redwood Osteopathy, Inc.
Please call the office at [707-633-6146](tel:707-633-6146) for an intake consultation.

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All insurances accepted.