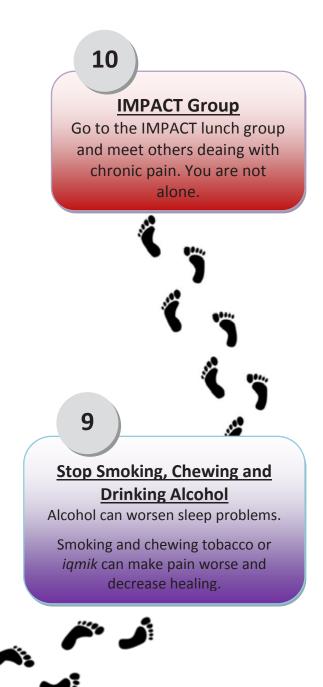
## 10 Steps To Managing Chronic Pain













Yukon Kuskokwim Health Corporation

YKHC's IMPACT program offers the following services for chronic pain management:

- Acceptance and Commitment Therapy
- Progressive Muscle Relaxation
- Deep Diaphragmatic Breathing
- Cognitive Stress Management
- Guided Imagery
- Cue-Controlled Rapid Relaxation

## IMPACT: 907-543-6553 YKHC Pharmacy: 907-543-6956