Pain Management Program

Pain can impact sleep, energy, mood, and overall quality of life. While pain medications impact everyone differently, using these medications can have long-term side effects and, in some cases, may even worsen pain. Learn how to manage and prevent pain with a Sanford Health Plan Certified Health and Wellness Coach. During your appointment, you will assess lifestyle factors that may be contributing to your pain. You will also explore ways to improve these areas and techniques to prevent and relieve.

Sessions may include:

- Assessing areas of wellbeing that may be impacted by pain
- Troubleshooting barriers to lifestyle factors such as exercise, nutrition, sleep, posture, or stress
- Setting goals on any areas you would like to focus on
- How to use various techniques, including but not limited to: body mechanics, breathing, visualization, mobility exercises, trigger point, massage, how to use hot-cold therapies

These sessions are tailored to you and what you need in order to be successful. You will receive a toolkit of resources to help reach your goals.

Meet your coach

Angela Oberg, B.S., Alternative Medicine,
has been providing massage and yoga therapy since 2005.

Call (701) 323-2132 or email **angela.oberg@sanfordhealth.org** to schedule your first session today.

SANFORD HEALTH PLAN

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