

**Seminar**

# Combat Chronic Pain Using Gentle Movement & Relaxation

With Dr. Jag Sandhu  
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Game (Laser Therapist,  
B. KIN Student),  
Solaj Laser and Wellness  
Clinic, PainBC Gentle  
Movement and Relaxation  
Program

Follow up seminars will all  
be hosted at Solaj Laser  
& Wellness Clinic  
6-3268 King George Blvd, Surrey

Gentle movement and relaxation techniques were created to guide participants to move with more ease and decreased pain, therefore allowing them more freedom. During this seminar, you will learn to use movement & relaxation as a form of self-care, treatment, and a way to manage chronic pain.

**Chair Movement and Relaxation – October 10, 7pm**

**Mat Movement and Relaxation – October 24, 7pm**

**Standing Movement and Relaxation – November 7, 7pm**

**Combined Movement and Relaxation - November 21, 7pm**

Registration is required to attend these free seminars. Registration solely through Solaj for follow up seminars.

We suggest attending all seminars and regularly practising the exercises given at the end of class. Attendance at previous seminars is not mandatory to attend later seminars.

**solaj**  
Laser & Wellness Clinic

**For inquiries call Solaj at 604-385-3358 or email [info@solaj.ca](mailto:info@solaj.ca)**