



GROUNDING MINDS

WELLNESS WORKSHOP SERIES



PAIN, STRESS & THE BRAIN

Understanding the Connection
to Heal, Calm & Thrive



OPEN TO
THE COMMUNITY



SPACE IS
LIMITED

Why does pain linger? How does stress
affect your brain and body?

Join us for an interactive workshop that explores
the science behind pain and stress, how your brain
processes them, and practical tools to support
healing, reduce overwhelm, and improve
your quality of life.



WHO IS THIS FOR?

Adults living with chronic pain,
high stress, or looking for a deeper
understanding of how the brain
and body interact—and how to
support both.

No prior experience necessary.

WORKSHOP DETAILS



60
MINUTES



ADULTS
18+



LOCATION DETAILS
PROVIDED UPON
REGISTRATION

WHAT YOU'LL LEARN

- ✓ How stress and the brain influence
pain perception
- ✓ The neuroscience of chronic pain
in simple terms
- ✓ Tools to calm your nervous system
and reduce stress
- ✓ Mind-body strategies that support
healing and resilience
- ✓ Practical techniques you can use
every day to feel better



INVESTMENT

\$45

EARLY BIRD
REGISTRATION



\$59

STANDARD
REGISTRATION



Email
info@groundedminds.org

Understanding is the first step. Healing is the next. ♥

A Grounded Minds Wellness Workshop

LEARN. GROW. CONNECT.

This workshop is educational in nature and is not therapy,
counseling, or mental health treatment.
Participation does not establish a therapist-client relationship.

