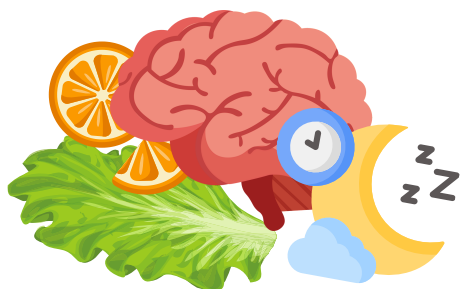


# I-Engage Academy

## Free Chronic Pain Resources



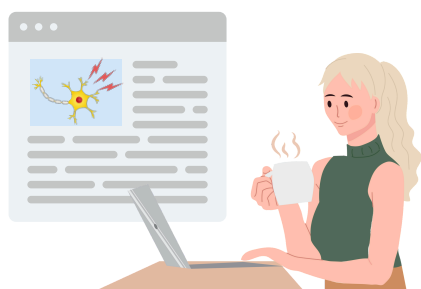
### eLearning Pain Management Courses

The I-Engage Academy eLearning courses share evidence-based information to support holistic pain management. As chronic pain affects multiple areas of life, beyond physical health, these courses teach pain management strategies through many different approaches (e.g., nutrition, sleep, etc.).



### Follow-Along Videos

The I-Engage Academy video library includes a catalogue of guided meditation, stretching, and yoga videos. These videos are easy to follow, and are made for folks in pain. They are meant to facilitate relaxation and tension-release.



### Chronic Pain Blog

We write about topics relating to chronic pain to support pain management and living well with pain. You'll find articles about pain, lifestyle, research, advocacy, and more.

Resources to help learn and strengthen pain management skills

 [www.intronixtech.com/i-engage-academy](http://www.intronixtech.com/i-engage-academy)

