

**Dance to Work:  
Dancing with Pain® Corporate Wellness Program**

*Why should I bring the “Dance to Work” program to my company?*

1. Chronic pain is the most under-treated medical condition in America:
  - a. 76 million Americans live with chronic pain
  - b. 80% of doctor visits are pain-related
  - c. Less than 3% of medical schools offer even one course on pain
2. Employees with untreated pain are less able to focus, be productive, or contribute to a positive work environment than those whose pain levels are effectively managed.
3. A growing body of scientific evidence indicates that mind-body medicine – including approaches such as those used in the Dancing with Pain® method – are highly effective in treating chronic pain.
4. With the current crises in our economy and health care, knowledge of effective self-healing methods is more critical than ever.

## *What does the Dance to Work corporate wellness program offer?*

The Dance to Work corporate wellness program offers employees a comprehensive approach to healing:

### 1. Road map

Employees learn the “lay of the land” of pain treatments available, including conventional (Western) and alternative (Eastern) methods. In addition, employees learn skills for discerning between treatments that may be helpful or harmful.

### 2. Resources

Employees receive guidance on the best and most cost-effective resources for learning more about and responding to chronic pain – including books, CDs, and websites developed by leading pain specialists, scientific researchers, and pain patient advocates.

### 3. Tools

Employees participate in fun, safe, freestyle dance classes, where they learn how to use dance as a tool for reducing or eliminating pain. The method taught in class can be repeated anywhere, anytime – such as in employee homes. As such, employees can utilize this method before coming to work, decreasing their pain and increasing their productivity throughout the day.

### 4. Guidance

Employees learn how to...

- a. efficiently utilize the many response options available to them
- b. organize and manage a caring, effective health care team of practitioners
- c. generate the support they need from family, friends, and colleagues
- d. find creative solutions for working around disabilities

### 5. Support

Employees benefit from the caring community that is fostered through the Dance to Work program. Through guided conversations, participants openly and safely share the feelings and challenges that only those in pain understand. Together, employees combat the isolation and despair of life with chronic pain.

*How does the Dance to Work corporate wellness program work?*

Cost

Trial single session:	\$75.00 (25% discount)
Single session:	\$100.00
Package of 5 sessions:	\$450.00 (10% discount)
Package of 10 sessions:	\$850.00 (15% discount)

Travel fees may apply, depending on location.

Employer/Employee Contributions

There are three options for the Dance to Work corporate wellness program:

1. Employer fully subsidizes the program.
2. Employer partially subsidizes the program.
3. Employees are fully responsible for program costs.

Participation

To ensure individual attention and safety, a maximum of 15 people are allowed in each class.