



## **Moving Forward: Joint Health and Pain Management**

### **11:00 AM - 11:20 AM      *Introduction to the T.H.R.I.V.E. Campaign***

- Understanding the six key components of T.H.R.I.V.E.
- How T.H.R.I.V.E. empowers individuals with bleeding disorders
- Resources available through the campaign

### **11:30 AM - 12:15 PM      *Pain Explained***

- Understanding the science of pain and how bleeding disorders affect pain perception
- Modern approaches to pain management and self-management strategies

### **12:15 PM - 12:45 PM      *Lunch and Networking***

### **12:45 PM - 1:30 PM      *Medical Marijuana: A Way to Manage Your Pain?***

- Current research on medical marijuana for pain management
- Potential benefits and risks for bleeding disorder patients
- Discussion of various delivery methods, legal considerations and access

### **1:30 PM - 2:15 PM      *Hypnosis for Pain Management***

- Introduction to clinical hypnosis
- Evidence-based applications for chronic pain
- Simple self-hypnosis techniques and practical demonstration

### **2:15 PM - 3:00 PM      *Ultrasounds and Joint Health***

- How ultrasound technology helps monitor joint health
- Early detection of joint issues
- Demonstration of ultrasound assessment
- Interpreting results and next steps