

# HEALTH & WELLNESS

At **Touchstone**, we understand the burden that chronic pain puts on oneself.

We look at all modalities in helping the patient understand, cope and improve your ability to be pain free and function with a better quality of life.

Touchstone believes that the patient also recognizes the importance of investing in ones overall health care and has the capacity to effectively implement personal strategies for wellness.

- Reduce Anxiety
- Nutrition & Diet
- Movement Therapy
- Stress Management
- Relaxation Methods
- Restorative Sleep
- Anti-Inflammation
- Body Awareness
- Whole Health

## Schedule an Appointment

with our Health and Wellness Consultant, Cyndy McCollum, RN

*"My goal at Touchstone is to help our chronic pain patients mine the 'untapped resources' available to them to relieve pain. I specialize in one-on-one visits where we find personal and collaborative solutions to meet their daily needs."*

2925 Siskiyou Blvd.  
Medford, OR 97504

**TOUCHSTONE**  
INTERVENTIONAL PAIN CENTER

541-773-1435  
[www.touchstonepain.com](http://www.touchstonepain.com)