

## Module R16: Mental Health and Wellness

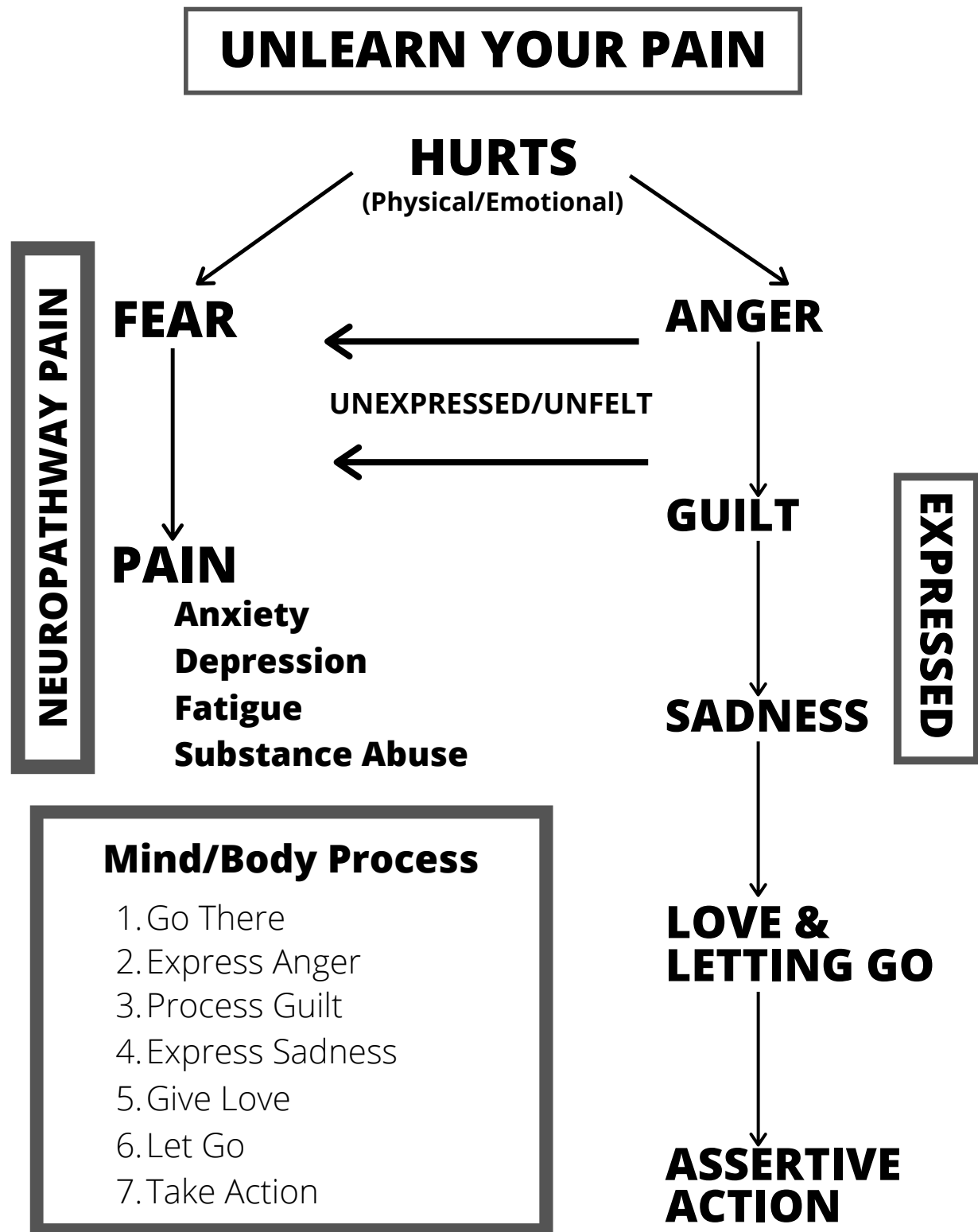


Figure R16.1 Unlearn Your Pain