

A portrait of Dana Karen Ciccone, a woman with voluminous, curly brown hair, smiling warmly. She is wearing a black sleeveless top, a necklace with colorful beads, and a watch on her left wrist. The background is a light blue gradient.

Media kit

Dana Karen
— C I C C O N E —

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ABOUT ME

Empowering individuals with chronic pain to find joy and confidence in moving their bodies.

Dana Karen Ciccone

Looking for a speaker who specializes in helping people get active after chronic pain?

Look no further than Dana Karen Ciccone, a Comprehensively Certified Pilates Instructor and owner of Boston's only pain-focused Pilates studio who recently published her first book, *You're Meant to Move: A Guide to Conquering Chronic Pain, Increasing Stress Resilience, and Reclaiming an Active Life*.

Dana Karen blends her Pilates teaching experience with a rich, 20+ year background in healthcare, including a master's degree focused on global health policy. She brings a unique, multifaceted approach to managing pain, emphasizing the critical connections between the physical, mental, and emotional realms.

Her passion extends beyond the studio, where she empowers individuals—especially dedicated over-achievers and determined people-pleasers—to break free from guilt-ridden attitudes towards exercise. Dana Karen is committed to guiding each person to recognize their right to wellness and embrace a tailored movement practice that reclaims the joy of living actively and comfortably in their own bodies again.

Outside of reshaping perceptions about strength, mobility, and self-confidence, "DK," as she's affectionately known by friends, is often found dancing the Cha-Cha with her husband or painting local seascapes with watercolors.

Speaker Topics

1 Your Mind May be the Key to Unlocking Chronic Pain Relief

Imagine living in a world where chronic pain isn't a life sentence, but a challenge you can overcome. With over 20% of U.S. adults grappling with chronic pain and an astonishing 80% likely to experience lower back pain at some point, it's clear that we're facing a widespread struggle. However, what if the key to unlocking relief lies within our own minds and beliefs? In this transformative keynote, DK shares her personal story as a multi-decade back pain sufferer who has helped dozens of people in pain find relief.

2 Hurting Does Not Equal Broken

Have you ever tried to tell your physician about your pain symptoms only to be told "It's all in your head" or "You just need to lose some weight"? In this provocative keynote, DK calls "BS" on pain sufferers being responsible for their pain—explaining how chronic stress, social isolation and work expectations are all exacerbating the chronic pain epidemic. Participants will leave with the knowledge and tools to advocate for their needs, establish pain management priorities, and stick to a movement program that improves wellbeing for the long run.

3 Why Your Big Budget Workplace Wellness Program has a Low ROI

Despite nearly 70% of employers investing in workplace wellness programs, often at a hefty cost per employee, employee burnout rates are soaring. Astonishingly, 4 in 10 employees report their job adversely affects their health. A striking disconnect exists: while 60% of Americans battle chronic conditions, these wellness programs frequently overlook such issues, focusing instead on weight loss and smoking cessation. This presentation aims to motivate leaders to reevaluate their approach to fostering a healthy, productive workforce. It emphasizes the importance of creating safe, inclusive work environments and integrating regular, universally beneficial movement into everyday work activities.



Dana Karen “DK” Ciccone (She/Her) is a Comprehensively Certified Pilates Instructor, Bestselling Author and Professional Speaker available for keynote presentations, workshops, media interviews, and spokesperson opportunities.

DK elegantly brings humor, empathy and determination to the last topic anyone wants to talk about: living with chronic pain.

Schedule an interview or meeting, or book her on your stage today!

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[Power to the People Pleasers Podcast](#)

[The Wellness Compass Podcast](#)

[The Pain Game Podcast](#)

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Get In Touch

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