



“Living with pain – constant, nagging pain – is so debilitating. Healthy Living with Chronic Pain taught me strategies to manage my pain. Having a little control feels great.”

JOIN US FOR HEALTHY LIVING WITH CHRONIC PAIN

EVERY THURSDAY

NOV 11 – DEC 23, 2021

(NO CLASS NOV 25)

1:00 - 3:00 pm

ONLINE VIA ZOOM

Attendees MUST have access to Zoom via Computer, Tablet or Smart Phone

Please register by November 4 by calling 920-386-3580

FREE!

\$10 suggested donation for workbook

An Online Workshop

Living with pain? What if you could feel better?

If living with ongoing pain is keeping you from doing the things you want to do, **Healthy Living with Chronic Pain** can help you manage your pain.

Developed at Stanford University, **Healthy Living with Chronic Pain** meets for 2½ hours once a week for six consecutive weeks and is facilitated by two trained leaders. Topics include:

- ◆ Relaxation and breathing
- ◆ Medication usage & evaluating treatments
- ◆ Quality sleep and fatigue management
- ◆ Stress and depression management
- ◆ Healthy eating and nutrition
- ◆ Decision-making and problem-solving
- ◆ Fitness for exercise and fun
- ◆ Short-term goal setting and planning
- ◆ Communicating effectively with friends, family, and your medical team

This program does not replace existing treatments, but serves to complement a participant's current medical treatment plan. This program is not meant for those with pain medication addiction issues.

Attendees do not need to reside in Dodge County

