

Chronic Pain Self Management Workshop

Healthy U Chronic Pain is a free, six week workshop that helps participants learn proven strategies to manage chronic pain. Open to anyone 18 or over living with or caring for someone with chronic pain.



Healthy U Chronic Pain is those who:

- Have long-term pain from **arthritis, fibromyalgia, past injuries, etc.**
- Are looking for better ways to manage pain symptoms
- Feel limited in daily activities
- Feel tired, alone, or fearful because of their health condition

Topics include:

- Setting and achieving personal goals.
- Strategies to deal with pain, stress, fatigue, and depression.
- Using physical activity to maintain and improve strength, flexibility, and endurance.
- How to use medications safely and appropriately.
- Better ways to talk with your doctor and your family about your pain.

Upcoming Workshop

Six weekly sessions—Wednesday afternoons

February 5 through March 11*

12:30 - 3:00pm

* If schools are closed due to weather, class will be canceled and the workshop extended a week.

Xenia Community Center
(Next to GCCOA Office)
1265 W Second St., Xenia

There is no charge, but you must register in advance.

Contact Susan Finster at 376-5486 or email susan.finster@gcco.org

Participants Say

Now I know I'm not alone.

I feel healthier and smarter and more aware of my health.

This workshop showed me I can take control of my future.

