

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 older who has or cares for someone with chronic pain.



Healthy U Chronic Pain is for you if you:

- Have long-term pain or care for someone living with chronic pain
- Are looking for better ways to manage pain symptoms
- Feel limited in your daily activities
- Feel tired, alone, or fearful because of your health or the health of your loved one

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.

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—Monday afternoons

March 7 through April 11

1:30 - 4:00pm

Bellbrook Sugarcreek Park District Community Center,
2751 Washington Mill Road

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

Contact **Jeff** at **937-376-5486** or **jeff.s@gccoa.org**

