

Healthy Living with Chronic Pain

Are you ready to make a change and feel great?

Join us for a **FREE**, peer-led, interactive workshop to help you manage your chronic pain. Workshop is 6 weeks, 1 day each week for 2 and a half hours.

- Learn new tools to help with day-to-day responsibility for your care.
- Increase skills necessary to manage your health.
- Learn how to work effectively with your health care provider.

Conditions That May Benefit

Heart Disease • Mental and Behavioral Health •
Arthritis • Chronic Pain and Fatigue

Topics Include

- What is Pain?
- Cognitive Management of Pain and Stress
- Long-Term Exercise Plans, Eating Healthy, and Weight Management
- Dealing with Anger, Depression, and Other Negative Emotions
- Managing Fatigue
- Communicating with Family, Friends, and Physicians
- Using Prescribed Medication Appropriately
- Making Informed Treatment Decisions

Our Chronic Disease Self-Management Program is an evidence-based self-management program originally developed at **Stanford University**, now known as **SMRC** (Self-Management Resource Center).

They have found that people who take the program have improved their healthful behaviors and health status.



Enroll today!

509.462.7676

or

509.434.0402

healthyliving@chas.org

Workshop is 6 weeks long.

Next Workshop:

Time:

Location:

Address:

