

WHEN?



- Once a week for consecutive six weeks
- 2.5 hours each session
- Goal: help people reduce their pain and other related symptoms

HOW?



- 8 - 15 participants (6 - 8 during Covid)
- Interactive, supportive, group dynamic.
- Led by two trained facilitators – peer-to-peer

WHO?

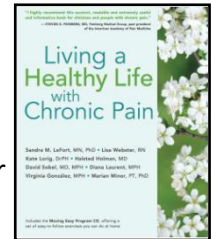


- People who have chronic pain issues
- A family member/friend/caregiver

TOOLS:



- Textbook: *Living Healthy Life with Chronic Pain*
- CD: *Moving Easy Program*
- Participants sharing and learning together



Healthy Living with Chronic Pain consists of

- Strategies to interrupt pain “messages” being received by the brain
- Multiple tools to decrease pain and better manage symptoms
- Moving Easy Program: Sequence of 26 gentle moves of flexibility and motion

Healthy Living with Chronic Pain Weekly Topics:

1. Workshop Overview, What is Pain?, Mind & Body Connection, Getting Quality Sleep, Introduction to Action Plans
2. Dealing with Difficult Emotions, Intro to Physical Activity, Better Breathing & Relaxation, Fatigue Management, Making an Action Plan
3. Moving Easy Program, Pacing & Planning, Evaluating Treatments, Making Decisions
4. Moving Easy Program, Healthy Eating, Communication Skills, Problem-Solving
5. Medications & Chronic Pain, Depression Management, Positive Thinking, Stress & Relaxation
6. Partnership: Working with the Health Provider and System, Weight Management, Looking Back and Planning for the Future

Small group of 8 -15 participants. Meets 2 ½ hours once weekly for 6 weeks.