



“Living with arthritis 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.”

Are you 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, this 6-week workshop can help give you the tools and strategies to manage your pain. If you're 18 or older and have or live with someone who has chronic pain, this program is for you!

Topics include:

- Short-term goal setting
- Relaxation and getting quality sleep
- Bettering emotional health
- Medication usage & evaluating treatment options
- Balancing activity & rest to decrease pain
- Creating a pain profile
- Fatigue management
- Communication skills with friends, family, and medical team

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

Cost: No fee



Healthy Living With Chronic Pain

Workshop meets 2 - 2½ hours once weekly for six consecutive weeks and is facilitated by two trained leaders in a small, interactive virtual setting.

It was developed by leading chronic pain experts at Sanford and McGill Universities.

Meet & Greet Webex practice

Thursday, 10:00 - 11:00 am

January 20, 2022

Thursdays, 10:00 am - 12:30 pm

January 27 - March 3, 2022

Online via Webex (Need internet & device)

Program coordinator will assist with set up.

Registration

Please register at least one week in advance by www.adrcevents.org or call 715-839-4735.



Aging & Disability Resource Center, 721 Oxford Avenue, Room 1130, Eau Claire WI 54703
715.839.4735 1.888.338.4636 tty: use Relay (711) www.eauclaireadrc.org adrc@co.eau-claire.wi.us