



*“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.”*

## 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, Healthy Living with Chronic Pain 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 and planning
- Relaxation and breathing
- Quality sleep, Fatigue management
- Stress and depression management
- Medication usage & evaluating treatments
- Balancing activity & rest to decrease pain
- Creating a pain profile
- Healthy eating and nutrition
- Decision-making and problem-solving
- Communicating effectively with friends, family, and your 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.



## Healthy Living With Chronic Pain

The workshop meets for 2½ hours once weekly for six weeks and is facilitated by two trained leaders in a small, interactive virtual group setting.

#### Meet & Greet Webex practice

Tuesday, 1:00 - 2:00 pm  
January 23, 2024

**Tuesdays, 1:00 - 3:30 pm**  
**January 30 - March 5, 2024**

Virtual via Webex

#### Registration

Please register at least one week in advance by [www.adrcevents.org](http://www.adrcevents.org) or call 715-839-4735.

No fee (\$10 suggested donation)

