

Healthy Living with Chronic Pain

Does ongoing pain keep you from doing the things you love?
Healthy Living with Chronic Pain may be for you!



“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.”

What is Healthy Living with Chronic Pain?

Healthy Living with Chronic Pain is an evidence-based program developed at Stanford University for adults of all ages who have chronic pain or live with someone who does. In just 6 weeks, you learn:

- Goal setting and problem solving
- Practicing healthy eating, relaxation techniques, and fitness for exercise and fun
- Coping with stress and depression
- Medication usage & evaluating treatments
- Quality sleep and fatigue management
- Communicating effectively with friends, family, and your medical team

Tuesdays, 1:00 - 3:30 pm

January 28 - March 4, 2025

Virtual via Webex

(Meet & Greet Webex Practice at 1:00 pm on Jan 21)



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

No fee (\$10 suggested donation)