



For Immediate Release

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“Taking Action on Pain” Free Workshop Series Begins April 2 in Bar Harbor

Healthy Acadia, in partnership with MDI Hospital and Health Centers, will offer a free, six-week “Taking Action on Pain” workshop series in the second floor conference room of Cadillac Family Practice, 322 Main Street, Bar Harbor. Classes will meet weekly on Tuesdays from 1:30pm to 4:00pm beginning April 2, 2019 and continuing through May 7, 2019.

“Taking Action on Pain” is a free, interactive program that is open to anyone who suffers from chronic pain. This evidence-based, Chronic Pain Self-Management Program was developed through Stanford University to empower participants to better manage their pain through multiple channels, and can help reduce the need for traditional pain medications which can have negative side effects and/or may be addictive. “Taking Action on Pain” invites chronic pain sufferers to explore a variety of pain self-management tools, including:

- Techniques to deal with common issues such as frustration, fatigue, pain and isolation
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- The importance of pacing activities and allowing for rest
- Active and informed decision-making
- Evaluating new treatments

“Taking Action on Pain” classes are facilitated by two Stanford University-trained leaders and offer a supportive environment for participants to provide each other with mutual support and share their successes. Evidence demonstrates that it is the highly participative process in which the program is conducted that makes it so effective. This helps increase participants’ self-assurance in their ability to manage their health and maintain active, satisfying lives.

Workshop participants will receive a copy of the companion book, *Living a Healthy Life with Chronic Pain* and an audio relaxation CD, *Relaxation for Mind and Body*. A light snack will be provided. There is no fee for this workshop series, however, pre-registration is required.

Contact Sarah O’Neil 207-460-4628 or email sarah.oneil@mdihospital.org. to register or for more information about “Taking Action on Pain.”

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