

Living Well with Chronic Pain Workshop



This 6-week workshop helps people develop a plan to stay active and live healthier in spite of chronic pain. Participants learn practical and simple strategies to manage pain and pace activities to stay engaged. The objective is increased self-confidence to assume an active role in managing pain. Two trained peer leaders guide the discussions and activities to meet specific needs.

Open to adults with chronic pain, family members and caregivers. This workshop is part of a self-management series developed by Stanford University and offered around the world.

Workshops are offered through the statewide Juniper[®] network—a centralized hub of community providers delivering evidence-based programs to help people manage chronic health conditions, improve balance and prevent falls, and foster well-being.

Learn:

- Techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Nutrition
- Pacing activity and rest
- How to evaluate new treatments.
- Take control and find enjoyment in life!

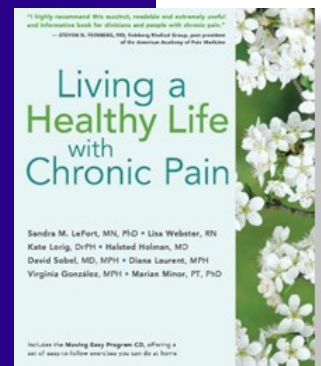
Optional Info Session:

Workshop Dates: 1/7/19—2/11/18

Time: 2:00—4:30pm

Location:

Chris Jensen Health and Rehab Center
2501 Rice Lake Rd, Duluth, MN 55811



Register Today - Space is limited!

Visit www.yourjuniper.org

or contact Peter Hafften at Age Well Arrowhead
218-623-7800 or peterh@agewellarrowhead.org

Suggested Donation: \$5/session or based on sliding fee scale—no one is denied participation due to inability to pay. Workbook may be purchased upon