



*“Living with 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.”*

## An In-person Workshop

# 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 you manage your pain.

Developed at Stanford University, **Healthy Living with Chronic Pain** meets for 2½ hours once a week for six consecutive weeks and is facilitated by two trained leaders. Topics include:

- ◆ Relaxation and breathing
- ◆ Medication usage & evaluating treatments
- ◆ Quality sleep and fatigue management
- ◆ Stress and depression management
- ◆ Healthy eating and nutrition
- ◆ Decision-making and problem-solving
- ◆ Fitness for exercise and fun
- ◆ Short-term goal setting and planning
- ◆ 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. This program is not meant for those with pain medication addiction issues.

## How does it work?

Simply follow the registration instructions below and we'll provide you with access to the sessions, contact you to make sure you are able to join, and help during the workshop if you have any problems.

## Register Now!

Where: Wautoma Public Library  
410 N Main Street, Wautoma

When: Every Thursday

April 13 – May 18, 2023  
From 9:30am-12pm

To register: Call the Aging & Disability Resource Center at (920) 787-6666

Donation: Suggested donation of \$20

