

# TAKE CONTROL of *YOUR* Pain!

## CHRONIC PAIN SELF-MANAGEMENT PROGRAM

**This program emphasizes the skills needed in day-to-day pain management to maintain or increase activity and live a healthy life**

### WHO COULD BENEFIT?

***Anyone 60 years or older who:***

- is living with a chronic pain
- is interested in symptom and medication management
- wants to learn proper exercise and nutrition
- wants to know what questions to ask

### YOU WILL LEARN:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Moving easy exercise and nutrition for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Pacing activity and rest
- Communicating effectively with family, friends and health professionals



**ONLINE**

**August 13-September 17  
10:00-12:30**

**Attend using computer,  
laptop or smartphone**

**REGISTRATION IS REQUIRED**

**Class size is limited**

**No Cost**

**TO REGISTER**

**for this six-week workshop contact:**

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