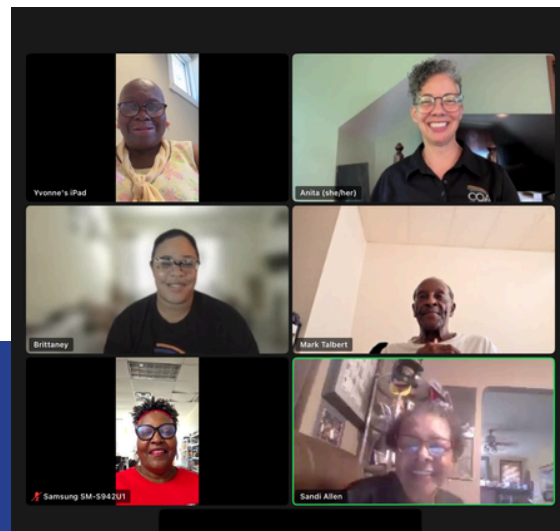




HEALTH & WELLNESS

Hamilton County Virtual Chronic Pain Self Management Workshop



Council on Aging Health & Wellness held a virtual Chronic Pain Self Management Workshop through the Evanston Employment Resource Center (EERC) during July and August of 2026.

Chronic Pain Self Management is a no-cost, evidence-based, six-week community workshop designed to help adults build practical skills to handle persistent pain and improve daily life.

Those who participated in the workshop through EERC reported they learned a number of practical tactics they can apply to improve their lives, such as adding a walk to daily activities, making larger tasks doable by breaking them into smaller steps, following the Mediterranean diet and spending time outdoors.

Participant Brenda shared that her pain diary (a tool introduced in the workshop) helps her “pay attention to me.”

“It brings me true joy to witness not only the ‘classroom’ learning, but also lifting the spirits that always happens in our workshops,” said instructor Anita Burton-Heck.

Interested in becoming a host site sponsor?

Council on Aging is seeking additional host sites for its workshops throughout its service area of Butler, Clermont, Clinton, Hamilton and Warren counties. COA will work closely with you to set your location up as a host site and to schedule and support your workshops.

Please contact [Judy Eschmann](#) if interested.