

LIVING WELL

WITH

CHRONIC PAIN

MAKE FEELING GOOD YOUR TOP PRIORITY



What participants say:

"It was valuable knowing that other people have the same issues. The 'I' communications, action-planning, positive thinking, pacing, and problem solving. This program was so good - I came away with so many valuable techniques that I can do that I didn't even think of before."

In **six, two-and-one-half hour** sessions, you will learn about:

- Techniques to deal with frustration, fatigue, isolation, and poor sleep
- Appropriate exercise for maintaining and improving strength
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Nutrition, pacing activity, and rest
- How to evaluate new treatments

This class is for you if:

You have a primary or secondary diagnosis of chronic pain.

You experience chronic neck, shoulder, or back pain; fibromyalgia; whiplash injuries; repetitive strain injury; post-surgical pain that lasts beyond 6 months; neuropathic pain (often caused by trauma); or neuralgias (such as post-herpetic pain, and trigeminal neuralgia).

You experience persistent headache, Crohn's disease, irritable bowel syndrome, diabetic neuropathy, or severe muscular pain due to conditions such as multiple sclerosis.



Join us for this small-group class, in your community, with your neighbors. The class is a combination of presentations, discussion, and activities with others who have similar experiences. Participants make weekly action plans, share experiences, and help each other solve problems.



THE PROGRAM, WHICH IS ALSO KNOWN AS "CHRONIC PAIN SELF-MANAGEMENT PROGRAM," WAS DEVELOPED BY STANFORD UNIVERSITY AND IS MANAGED BY THE SELF-MANAGEMENT RESOURCE CENTER (SMRC).



Whitney
Senior Center



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LIVE WELL AT HOME™