Chronic Pain Self-Management
Program Crossover Training

Tuesday, April 7 & Wednesday, April 8, 2020 - 9:00am-4:30pm

Foundation for Healthy Communities
Conference Room 2
125 Airport Road
Concord, NH 03301

Leaders who have previously been trained in CDSMP and are currently active are eligible to participate in this 2-day leader training to offer the Chronic Pain Self-Management Program (CPSMP).

Chronic Pain Crossover Training:
Help people with chronic pain live healthier lives.
Volunteers needed to lead CPSMP workshops.
Learn and teach:
• Weekly goal setting
• Adding exercise to your life
• Pacing and planning your day
• Appropriate medication use
• Communication skills

Registration
To register, please click here.
There is no cost to attend this training. Lunch is on your own.