

Living Well with Chronic Pain

A Virtual 6-Session Self-Management Training

Are you ready to put life back into your life?

Chronic pain can be difficult to live with.

If you or someone you care for are experiencing chronic pain, this workshop can help!



Learn ways to **manage symptoms** and **meet health goals**. Create a **weekly action plan** to help you meet your goals so that you can do the things in life **YOU** want to do! **Gain the confidence and real-life skills** needed for **living a full, active and fulfilling life with chronic pain**.

In this workshop, participants will:

- Discover problem-solving strategies to deal with fatigue, pain, frustration, isolation and poor sleep
- Uncover physical activities for maintaining and improving strength, flexibility, endurance
- Learn how to pace activity and when to rest
- Discover the importance of good nutrition in pain management
- Improve communication with your family, friends and health professionals
- Understand appropriate use of medications and how to evaluate new treatments
- Benefit from the support and encouragement from others also living with chronic pain

Register by January 4:

<https://bit.ly/CPSMP-Winter2021>

Questions? Contact co-leader, Carolyn Schofield:
(603) 259-4809 ~ cschofield@NCHCNH.org

Workshop Details:

- 6 consecutive dates with each session building upon the session before
- Virtual course conducted via Zoom
- Must have technology to access video and audio for each session



Dates and Times:

- Tuesdays 1:00 - 3:30 PM
- Dates:
January 11, 18 & 25
February 1, 8 & 15