

# Put Life Back in Your Life!

## Chronic Pain Self-Management Program

**NEW ONLINE  
FORMAT!**



Are you or someone you care for living with chronic pain? The Chronic Pain Self-Management Program was developed for people who have a diagnosis of chronic pain. Pain is described as being chronic or long term when it lasts for longer than 3 to 6 months, or beyond normal healing time.

The next online “Chronic Pain” workshop will be on Mondays from 10:00-12:30pm on November 2, 9, 16, 23, 30, December 7.

To register, click here: <https://cpsmpworkshopfall2020.eventbrite.com>

People who register will receive a link to Zoom. The class requires you use a device with a camera and microphone.

For questions, please email Brianna at [bferraro@snhahec.org](mailto:bferraro@snhahec.org) or call 603-895-1514x2.

*Workshops are 2 ½ hours long for 6 weeks at no charge for participants!*



In collaboration with the NH CDSMP Network and Self-Management Resource Center