



*“I enjoyed this class on chronic pain and it has helped in so many ways. With pacing you have given me my greatest gift. I am more productive and pain free than before.”*

## Are you living with pain? What if you could feel better?

Living with ongoing pain can keep you from doing the things you want to do. This 6-week workshop can help give you the tools and strategies to manage your pain. If you're 18 or older and have or live with someone who has chronic pain, this program is for you!

### Topics include:

- Mind and body connection
- Getting quality sleep
- Short-term goal setting
- Dealing with difficult emotions
- Physical activity, relaxation, fatigue management
- Pacing and planning, evaluating treatments
- Healthy eating, weight management
- Creating a pain profile, communication skills
- Medications for chronic pain, dealing with depression, positive thinking
- Working with your medical team

This program does not replace existing treatments, but serves to complement a participant's current medical treatment plan, and is not meant for a person who has pain medication addiction issues.

**Cost:** No fee



## Healthy Living With Chronic Pain

Developed by Stanford University, the workshop meets 2 ½ hours once weekly for six consecutive weeks and is facilitated by two trained leaders in a small, interactive group setting.

Tuesdays, 1:00 - 3:30 p.m.  
April 14 - May 19, 2020  
Grace Lutheran Church  
202 W Grand Avenue, Eau Claire

### Registration

Please register at least one week in advance by calling 715-839-4735 or online at [www.adrcevents.org](http://www.adrcevents.org).

