

Healthy Living *with* Chronic Pain



6 weeks. 6 hours. A lifetime of new opportunities.

Science has shown that the mind and the body are interconnected in the experience of pain. Our mind has an important influence over our body. Our emotions, feelings and thoughts directly influence our pain and how it affects us. Join the *Healthy Living with Chronic Pain* (HLCP) workshop to explore ways to better manage your chronic pain. Take the time to make the changes you want to make. You'll build your "toolbox", practice new concepts, and share your experience with others. You'll set your own goals and priorities. Week by week, you'll see what works for you and take steps toward healthier living.

What is *Healthy Living with Chronic Pain*?

This is a proven workshop...

- Designed for adults dealing with on-going (chronic) pain
- Teaches skills to effectively manage pain
- Improves energy, mental health, and quality of life!
- Decreases pain and dependence on others
- Better ability to understand pain, gain confidence, and use coping skills.

The workshop, facilitated by two trained Leaders, one who is affected by pain, meets **for 1 hour by phone each week for 6 weeks**. This workshop does not replace existing treatments but serves to complement a participant's medical treatment.

- What is Pain?
- Sharing/Problem-Solving
- Setting short-term goals
- Healthy eating
- Stress & depression management
- Communication skills
- Tips for exercise and stretching
- Pain & fatigue management
- Mind & body connection
- Managing difficult emotions
- Planning and pacing
- Working more effectively with family, friends, and medical providers.
- Medication and treatment evaluation

Did you know?

- 100 MILLION Americans suffer from chronic pain.
- ONE IN TEN Americans has experienced pain every day for three months or more.
- 1.5 BILLION+ is the number of people worldwide who suffer from chronic pain.

You are not alone. Let's help each other learn & manage.

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**Upcoming workshop:
By Phone
Tuesdays-10 am-11am
May 4-June 8
Space is limited!
Please call Deanna Truedson-
McKillips to register today!
608-669-7352**



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