



Living Well with Chronic Pain

Self-Management Workshops

Registration required
Call 541-864-9611

Website: sohealthyoregon.org

Chronic Pain Self-Management can help you develop the skills needed to take control of your pain and live a happier and healthier life.

Classes meet the same day weekly for six-sessions. This interactive workshop helps people who have chronic pain learn how to take control. The sessions deal with the issues that everyone living with ongoing (chronic) pain faces.

Each session lasts two and one-half hours. We encourage you to bring a family member or support person to all sessions. You will learn techniques to accomplish the following:

- Pace activity and rest
- Eat wisely and well
- Manage pain
- Set and meet your goals
- Deal with fatigue and frustration
- Start an appropriate exercise program to improve strength, flexibility and endurance
- Manage stress and relax
- Solve problems
- Communicate better with friends, family and healthcare providers

Developed and evaluated in Canada, this Evidence Based Program was based on Stanford University's other successful self-management programs. Research studies found people who participated in the program reported more vitality, less pain, less dependence on others, and more involved in everyday activities.

*Brought to you through a partnership of local providers in collaboration with
The Rogue Valley Council of Governments' Senior and Disability Services*