

## **Healthy Living: Chronic Pain Self-Management Program**

The Chronic Pain Self-Management Program: A workshop facilitated by trained leaders held for two and a half hours, once a week, for six weeks, in community settings. Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, 6) pacing activity and rest, and, 7) how to evaluate new treatments. For more information, go The Health Living Center of Excellenct website at [www.healthyliving4me.org](http://www.healthyliving4me.org)