

CHRONIC PAIN SELF-MANAGEMENT WORKSHOPS

WOULD YOU LIKE TO FEEL BETTER AND
DO MORE OF THE ACTIVITIES YOU ENJOY?

www.healthy-living-now.ca

‘Living a Healthy Life with Chronic Pain’ is a FREE six-week workshop for people with primary or secondary diagnosis of chronic pain. The workshop teaches skills needed to help you manage the day to day challenges of living with chronic pain.

- Techniques to deal with problems such as stress and tension, frustration, depression, and fatigue
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Use of pain medications and treatments
- Communicating effectively with family, friends, and health professionals
- Nutrition
- Pacing activity and rest

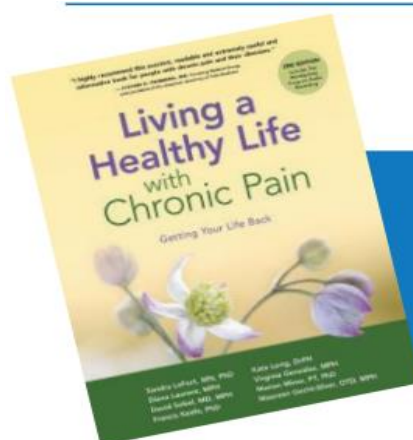


FREE Weekly In Person Workshop:

**Aurora Seniors Centre
90 John West Way Aurora**

**Wednesdays
January 24 to February 28, 2024
10:00am to 12:00pm**

Please pre-register.



AS PART OF THE
WORKSHOP
YOU WILL RECEIVE
A FREE BOOK

For more information or to register:



Online at: Aurora.ca/activeseniors



Or, at: 905-726-4767