

# CHRONIC PAIN SELF-MANAGEMENT WORKSHOPS

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

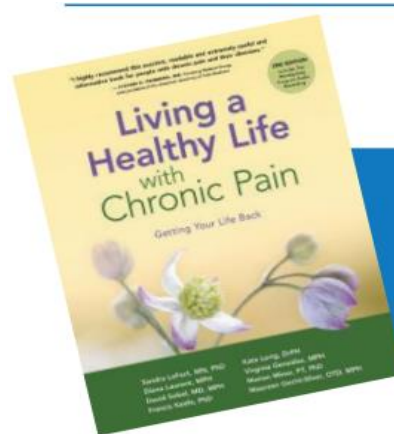
[www.healthy-living-now.ca](http://www.healthy-living-now.ca)

'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 Zoom Meetings  
Wednesdays  
January 25, February 1, 8,  
15, 22, & 29, 2024  
10:00am to 12:00pm**

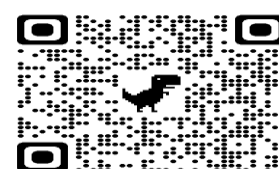


AS PART OF THE  
WORKSHOP  
YOU WILL RECEIVE  
**A FREE BOOK**

**For more Information or to register:**



Online at [www.healthy-living-now.ca](http://www.healthy-living-now.ca)



Or, contact Sally Kirby at:  
[skirby@southlake.ca](mailto:skirby@southlake.ca)  
289-231-0926