

# FREE 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.

## THE CHRONIC PAIN SELF-MANAGEMENT PROGRAM INCLUDES:

- 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

Each workshop participant will receive a copy of the book "Living a Healthy Life with Chronic Pain"

THE WORKSHOPS HAVE BEEN DEVELOPED BY STANFORD UNIVERSITY AND HAVE BEEN PROVEN TO SIGNIFICANTLY HELP PEOPLE LIVING WITH A CHRONIC DISEASE.



FREE Weekly In Person Workshop:

Tannery – Suite #403

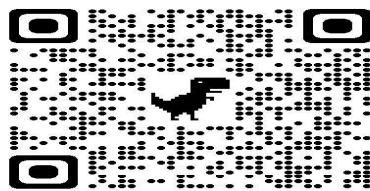
465 Davis Drive

Newmarket, ON L3Y 7T9

Tuesdays,

January 27<sup>th</sup> to March 3<sup>rd</sup>, 2022

1:30pm to 3:30pm



For more information or to Register:

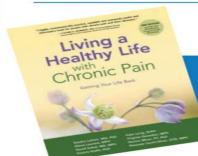
Contact Sally Kirby at:

[skirby@southlake.ca](mailto:skirby@southlake.ca)

or 289-231-0926

Or you can register online at:

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



AS PART OF THE  
WORKSHOP  
YOU WILL RECEIVE  
A FREE BOOK