

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

'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.

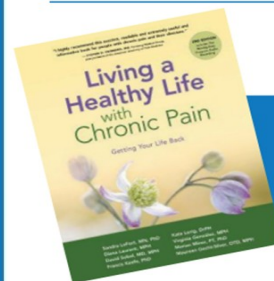


FREE Weekly Virtual Workshop:

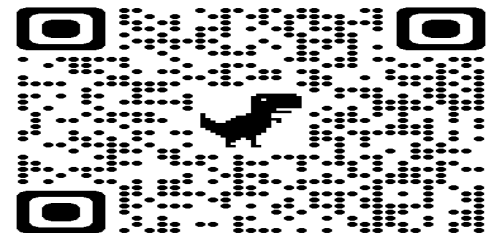
Thursdays,

May 21st to June 25th, 2026

1:00pm to 3:00pm



AS PART OF THE WORKSHOP YOU WILL RECEIVE A FREE BOOK



For more information or to Register:

Contact Sally Kirby at:

skirby@southlake.ca

or 289-231-0926

Or you can register online at:

www.healthy-living-now.ca