



Chronic Pain Workshop

Are you or a family member living with long-term chronic pain?

FREE Weekly Workshop!

Learn coping strategies to help improve your quality of life. Small groups meet for 2.5 hours once a week for 6 sessions.

Strategies involve:

- Pacing activity and rest
- Appropriate exercise for strength and flexibility
- Action plans and problem solving
- Techniques to deal with difficult emotions such as; stress, tension, anger, frustration, depression, fatigue, and isolation
- Communicating effectively with family, friends and your health care team
- Appropriate use of pain medications
- Learning to evaluate new treatments

Pre-registration is required



Workshop Details

**Fort Frances Public Library
Fort Frances, ON**

**Fort Frances Workshop Dates
2:00 p.m. - 4:30 p.m. CDT
May 7 - June 11, 2019**

Registration

Please call 807-767-6960 or visit www.healthychange.ca.