

Living Healthy with a Chronic Pain Workshop

Every Thursday morning starting

September 22, 29, October 6, 13, 20 and 27, 2016
9:00 a.m. – 11:30 a.m.

Location: McDowell County Senior Center
100 Spaulding Rd, Marion, NC 28752

Attendees need to attend at least 4 out of 6 sessions. If someone attends all 6 sessions, they will receive a free pedometer.

This workshop:

- will take place once a week for 6 weeks. Each session is 2 ½ hours long, each session is facilitated by 2 trained leaders who follow a detailed manual, so that each workshop is highly consistent.
- is appropriate for people living or caring for someone with a wide variety of chronic health conditions, such as arthritis, diabetes, heart disease, and other or multiple chronic conditions.

Topics addressed during the workshops

Workshop topics by week

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Differences Between Acute and Chronic Pain	Dealing with Difficult Emotions	Making Decisions	Better Breathing	Medication Usage	Working with Your Health Care Professional & the Health Care System
Debunking Myths	Introduction to Physical Activity & Exercise	Relaxation: Body Scan	Healthy Eating	Making Informed Treatment Decisions	Weight Management
The Mind/Body Connections/ Distraction Techniques	Preventing Falls and Improving Balance	Pain & Fatigue Management	Communication Skills	Depression Management	Looking Back & Planning for the Future
Getting Good Night's Sleep	Moving Easy Program	Endurance Activities Moving Easy Program	Problem Solving Moving Easy Program	Positive Thinking Making Healthy Food Choices	

The 6 week course is FREE!

Also, you will receive a book, cd and snacks

To Register: Contact Brenda Monosso and register for the Living Healthy with Chronic Pain series - (828) 659-0821

Last Day to Register: September 19, 2016

Any questions? Contact Jane Armstrong: jarmstrong@regionc.org

Sponsored by Region C – Area Agency on Aging and McDowell Senior Center