



Living Healthy with Chronic Pain

Chronic Pain Self-Management Program (CPSMP)

Workshop will be held at the McDowell Senior Center
 July 9, 16, 23, 30, August 6, & 13 from 9am -11:30am.

Please pre-register at the front desk at the Senior Center.

This class and the handbook are both free. Pre-registration is required. Minimum of 4 participants must be registered to begin the workshop. Maximum of 15 participants.

What is *Living Healthy with Chronic Pain*?

Living Healthy with Chronic Pain is a highly participatory workshop that takes place once a week for six weeks. Each 2 ½ hour session is facilitated by 2 trained



leaders (many of whom are volunteers living with chronic conditions themselves) who follow a detailed manual, so that each workshop is highly consistent.



Although *Living Healthy with Chronic Pain* does not replace disease-specific education it is designed to enhance regular treatment while helping each other solve problems they encounter in creating and carrying out their chronic pain self-management program. Physicians and other health professionals both at Stanford and in the community have reviewed all materials in the course. It is the process in which the program is taught that makes it effective. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

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 Communication Skills	Making Informed Treatment Decisions	Weight Management
The Mind/Body Connections/ Distraction Techniques	Preventing Falls and Improving Balance	Pain & Fatigue Management Endurance Activities	Problem Solving	Depression Management	Looking Back & Planning for the Future
Getting Good Night's Sleep	Moving Easy Program	Moving Easy Program	Moving Easy Program	Positive Thinking	
				Making Healthy Food Choices	

Ultimate goal of *Living Healthy with Chronic Pain*

Improve participants' confidence in their ability to become positive "self-managers" who are able to manage their health and the many ways chronic pain impact their lives.

For more information, contact:
Danielle Williams, dwilliams@regionc.org, 828-287-2881, Ext. 1258
Region C, Area Agency on Aging