



2024 Healthy Living with Chronic Pain Virtual** workshop (ages 60+):

Dates: Six Tuesday mornings:

April 16 – May 28, 2024 (No class on 4/23)

Time: 9 am – 11:30 am

Leaders: Chris Devine & Kay Searfoss

Please register by April 5th, 2024:

Call the ADRC at: **608-757-5309** or email: **Lisa.Messer@co.rock.wi.us**

Suggested donation is \$20, includes resource book & materials!

****Must have a computer/tablet with microphone/camera and reliable internet.**

For more information or to register please contact:

Lisa Messer, Health Promotion
Coord. ADRC of Rock County - Aging

Phone: (608) 757-5309

Email: Lisa.Messer@co.rock.wi.us



wiha

Wisconsin Institute
for Healthy Aging

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(608) 243-5690 | info@wihealthyaging.org

Learn more about this and other
healthy aging programs by visiting
wihealthyaging.org

Healthy Living with Chronic Pain



**Fibromyalgia. Arthritis.
Knee pain from that old
football injury.**

No matter the cause, Healthy Living with
Chronic Pain can help you manage your
pain and live a healthier life!



Six weeks. 15 hours. A lifetime of new options for managing your pain!

Managing your chronic pain starts with believing you can! **Healthy Living with Chronic Pain** workshops help you set goals and put problem-solving skills to work to help you take control of your pain.

Join a Healthy Living with Chronic Pain workshop and experience:

- ♦ Decreased pain
- ♦ Improved mental health
- ♦ Improved energy
- ♦ More involvement in daily activities
- ♦ Better understanding of and coping with pain
- ♦ Better health and increased confidence in your ability to manage your pain
- ♦ Improved quality of life

Find a Healthy Living with Chronic Pain workshop near you. Visit wihealthyaging.org and click on **Find a Workshop**.



What is Healthy Living with Chronic Pain?

Healthy Living with Chronic Pain is a six-week (once-a-week) workshop for adults who have – or are living with someone who has – on-going pain.

This program **does not replace existing treatments**, but serves to complement your medical treatment plan. **It is not intended to be a solution for addiction to pain medication.**

Led by trained leaders in a small group setting, the program focuses on helping you feel better, have more control, and do the things you want to do. Each week features various topics focused on your mental, physical and emotional well-being. Learn, share your experiences, practice new skills and help others in the process.

Build self-confidence in your ability to manage your pain.

Healthy Living with Chronic Pain teaches you:

- Strategies for understanding and managing pain
- Short-term goal setting
- Gentle movement and stretching exercises
- Relaxation techniques
- Planning for the future
- Partnering with your health care provider
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team



Getting a handle on my pain isn't as impossible as I thought it was. I learned to take things one step at a time and see what worked for me.