

Living Well with **CHRONIC CONDITIONS**



The Living Well Chronic Pain Self-Management Program will empower you to take charge of your health – giving you the tools to better manage your health so you can feel better, be in control and do the things you want to do! This evidence based program has been developed by Stanford University and is **FREE** and open to all.

CHRONIC PAIN Self-Management Program

Wednesdays Aug 24 – Sept 28 • 4 pm – 6 pm

Registration Deadline – Friday, August 19

VIRTUAL



FOR MORE INFORMATION OR TO REGISTER
CALL 304.264.1287, EXT 31814 or email
Dana DeJarnett at dana.dejarnett@wvumedicine.org

WORKSHOPS INCLUDE:

- ✓ Techniques to deal with frustration, fatigue, pain, isolation, stress and poor sleep
- ✓ Appropriate exercise to maintain/improve strength, flexibility and endurance
- ✓ Appropriate use of medication
- ✓ More about the pain and symptom cycle and successful ways of dealing with difficult emotions
- ✓ How to work with your health care team and much more