

A **free** six-week program on Self-Management for People with **Chronic Pain**

Learn About:

- Effective ways to deal with chronic pain, fatigue and depression
- Setting up exercise and healthy eating plans
- Ways to feel better and do more of the activities you enjoy
- Strategies for better managing your medication and communicating with your doctor

Dates: March 17, 24, 31, April 7, 14 & 21 (Tuesdays)

Time: 9:30am – 12:00pm

Location: St. Paul's L'Amoreaux Centre – Seminar Room C
3333 Finch Avenue East
(Southwest corner of Finch and Warden)

Older adults, seniors with chronic pain, and caregivers are welcome to attend.

Participants will receive a free copy of the book *Living a Healthy Life with Chronic Conditions* and *Participant's Workbook*.

Pre-registration is required on or before March 14, 2015.
To register, please call (416) 493 - 3333.

“Living a Healthy Life with Chronic Conditions”

WORKSHOP OVERVIEW

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management	✓					
Debunking myths	✓					
What is chronic pain?	✓					
Making an action plan	✓	✓	✓	✓	✓	✓
Feedback/Problem-solving		✓	✓	✓	✓	✓
Fitness/Exercise		✓	✓	✓	✓	✓
Pacing activity & rest		✓				
Using your mind to manage symptoms		✓	✓		✓	✓
Difficult emotions			✓			
Fatigue/sleep			✓			
Communication				✓		✓
Healthy eating				✓		
Medications					✓	
Depression					✓	
Making treatment decisions						✓
Working with your health care professionals						✓
Future plans						✓

For more information about this program:

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