

# 免費六星期 慢性疼痛自我管理課程（廣東話）

## 課程內容：

- 處理慢性疼痛，疲勞，抑鬱的有效措施
- 制訂合理運動，健康飲食計劃
- 享受更多運動，讓自我感覺更好的方法
- 更好管理用藥，與醫生進行有效溝通的策略

語言： 廣東話

日期： 5月6日, 13日, 20日, 27日, 6月, 3日, 10日 (星期三)

時間： 上午 10:00 – 中午 12:30

地點： 聖保羅中心 – Seminar Room C (餐廳內的會議室)  
3333 Finch Ave East

歡迎所有患有慢性疼痛的成人、長者及看護人士參與。

所有參與人員將免費獲贈 “**實踐健康生活 – 慢性病自我管理手冊**” 一本及 **培訓手冊** 一份。

**參加者請於 5月1日或之前報名。**

報名登記請致電 **(416) 493 - 3333**。

# “慢性病患者自我管理 實現健康生活”

## 慢性疼痛自我管理課程大綱

	第一周	第二周	第三周	第四周	第五周	第六周
慢性病自我管理課程大綱	*					
揭示奧秘	*					
什麼是慢性疼痛	*					
制定行動計劃	*	*	*	*	*	*
回應/解決問題		*	*	*	*	*
健身/運動		*	*	*	*	*
起搏運動/休息		*				
運用思想處理症狀		*	*		*	*
情緒上的困擾			*			
疲勞/睡眠			*			
溝育				*		*
健康飲食				*		
藥物					*	
抑鬱					*	
決定治療方案						*
與醫務人員合作						*
計劃未來						*

欲了解課程詳細信息：

請 **E-mail:** Pearl@splc.ca

或致電：(416) 493 -3333 轉分機 285



Central East Self-Management Training Program

## A **free** six-week program In **Cantonese** 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:** May 6, 13, 20, 27, June 3, 10 (Wednesdays)

**Time:** 10:00am – 12:30pm

**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 May 1, 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:**

**E-mail:** [pearl@splc.ca](mailto:pearl@splc.ca)

**Phone:** (416) 493 -3333