

## 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:** Aug 16, 23, 30, Sep 6, 13, & 20 (Wednesdays+)

**Time:** 1:30pm – 4:00pm

**Location:** SPLC – 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 Pain*.

**Pre- registration** is required on or before August 11, 2017.  
To register, please call (416) 493 - 3333.

Workshop Overview ( Chronic Pain)						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and chronic pain conditions	√					
What is pain?	√					
Using your mind to manage symptoms	√	√			√	√
Getting a good night's sleep	√					
Making an action plan	√	√	√	√	√	√
Action plan feedback		√	√	√	√	√
Problem-solving		√				
Dealing with difficult emotions		√				
Physical activity and exercise		√	√	√	√	
Better Breathing		√				
Fatigue management		√				
Pacing and Planning			√			
Evaluating treatments			√			
Making decisions			√			
Healthy eating				√		
Communication skills				√		√
Medications for chronic pain					√	
Depression management					√	
Working with your health care professional and organization						√
Weight management						√
Future plans						√