

免费六星期 慢性疼痛自我管理课程(普通话)

课程内容:

- 处理慢性疼痛, 疲劳, 抑郁的有效措施
- 制订合理运动, 健康饮食计划
- 享受更多运动, 让自我感觉更好的方法
- 更好管理用药, 与医生进行有效沟通的策略

语言: 普通话

日期: 11月06日, 13日, 20日, 27日 (星期五)
12月04日, 11日 (星期五)

时间: 上午 9:30 . – 中午 12:00

地点: Bridlewood Library
2900 Warden Ave, Toronto

欢迎所有患有慢性疼痛的成人, 长者及看护人士参与.

所有参与人员将免费获赠一本 “**实践健康生活-慢性病自我管理手册**”
一本及培训手册一份.

参加者请于 11 月 02 日或之前报名。

报名登记请致电 **(416) 493 - 3333.**

课程大纲 (慢性疼痛)

	第一周	第二周	第三周	第四周	第五周	第六周
自我管理课程和慢性疼痛概论	➡					
什么是疼痛?	➡					
运用思想来管理症状	➡	➡			➡	➡
良好睡眠	➡					
制定行动计划	➡	➡	➡	➡	➡	➡
行动计划反馈		➡	➡	➡	➡	➡
解决问题		➡				
处理困难情绪		➡				
体力活动与运动		➡	➡	➡	➡	
更好的呼吸		➡				
疲劳管理		➡				
平衡休息, 活动与计划			➡			
治疗方案评估			➡			
如何做出明智决定			➡			
健康饮食				➡		
沟通技巧				➡		➡
慢性疼痛药物治疗					➡	
抑郁管理					➡	
如何同医疗团队人员及医疗机构沟通						➡
体重管理与控制						➡
未来计划						➡



Central East Self-Management Training Program

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

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: Nov 6, 13, 20 & 27, Dec 4, 11 (Fridays))

Time: 9:30pm – 12:00pm

Location: Bridlewood Library
2900 Warden Ave, Toronto

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 November 2, 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:

Phone: (416) 493 -3333