

# Learn Tools for Better Health

## *Chronic Pain Self-Management*

**If you are living with a chronic pain condition or are a caregiver of someone who is, this class is for you!**

This workshop is an interactive learning opportunity that teaches techniques to manage common symptoms and equips you with self-management tools.

## **FREE 6-week workshop series**

- Learn decision-making and problem-solving skills
- Communicate effectively with family, friends and health professionals
- Manage fatigue
- Learn new ways to eat healthy
- Control pain
- Increase physical activity
- Set and accomplish goals
- Deal with anger, depression, and difficult emotions
- Better manage your health

**“The workshops put me back in charge of my life, and I feel great. I only wish I had done it sooner.”** —  
*Living with Chronic Conditions workshop participant*

**Interested in participating in a class?  
Call 665-8882 to sign-up for an  
upcoming class**



**Do you have a group of 6-12 people that are interested in this program? We will teach this at your facility within Reno County.**



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*A partnership for better health*