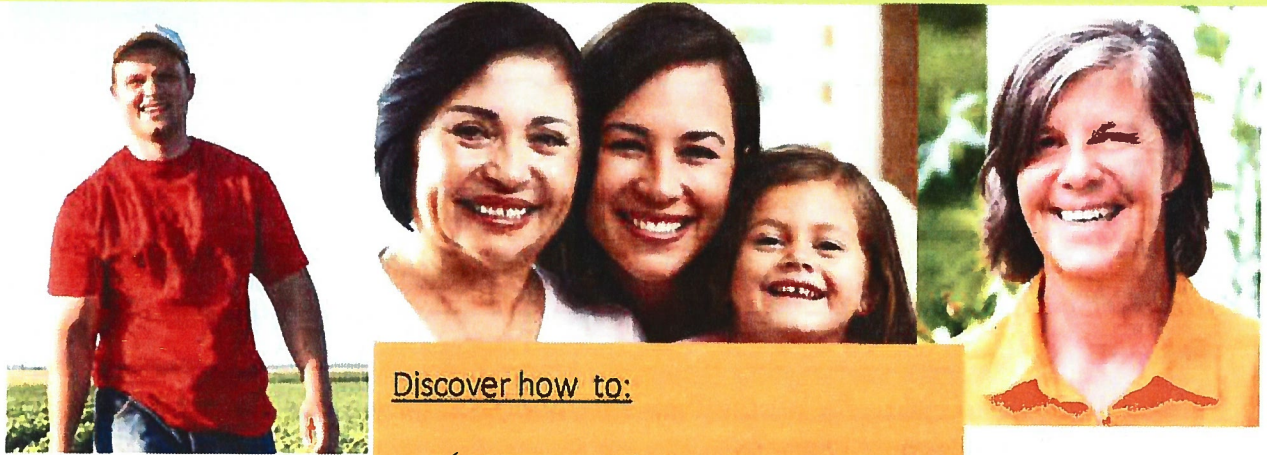


Living Well with Chronic Pain



Discover how to:

- ✓ Manage pain by incorporating a variety of techniques into your life
- ✓ Pace activities to better manage time and energy
- ✓ Plan for regular physical activity
- ✓ Learn better ways to talk with your Doctor and your family about your health
- ✓ Make daily tasks easier
- ✓ Learn relaxation strategies

Who should attend?

- ✓ People who have a primary or secondary diagnosis of chronic pain
- ✓ Has pain lasting longer than 3 to 6 months or beyond the normal healing time of an injury
- ✓ Non-cancerous related pain

Chronic Pain Symptom Cycle

- ✓ Poor sleep
- ✓ Fatigue
- ✓ Depression
- ✓ Difficult emotions
- ✓ Stress and anxiety
- ✓ Ineffective breathing
- ✓ Restricted movement
- ✓ Tense Muscles

Take Charge of Your Health, Sign up Now!
541-322-7430 or www.livingwellco.org

Next workshop in La Pine

When: June 16 to July 21, 1:00-3:30 p.m.

Where: La Pine Senior Center

Cost: \$10 for 6 week workshop

Limited scholarships are available upon request.



Deschutes County encourages people with disabilities to participate in all programs and activities. This event/location is accessible to people with disabilities. If you need accommodations to make participation possible, or to request this information in an alternate format please email accessibility@deschutes.org or call 541-647-4747