

# Living Well **With Chronic Pain**

Gain information and new skills to better manage your chronic pain, keep active and live healthier.

This workshop helps people who have a wide range of chronic pain conditions such as musculoskeletal pain, fibromyalgia, repetitive strain injury, chronic regional pain syndrome, post stroke or central pain, neuropathic pain, or other chronic pain.



This workshop is open to anyone living with chronic pain, their family members and caregivers. All participants will receive a free handbook as part of the program.

**September 12 to October 17, 2024**  
**1:30pm to 4:00pm EST**

**In person at the Belleville and Quinte West Community Health Centre at 69 Catherine St in Trenton, Ontario**

## Learn New Strategies to:

- Deal with the emotional, physical, and social aspects of living with chronic pain.
- Use your mind to manage symptoms.
- Better self-manage your chronic pain by making action plans and setting goals.
- Improve communication with your health care team members.

## REGISTER ONLINE TODAY

Register for Living Well community workshops at [livingwellseontario.ca](http://livingwellseontario.ca) - **Spaces are limited!**

Please contact us with any questions at [selfmanagement@kchc.ca](mailto:selfmanagement@kchc.ca)