

Do you have a chronic pain condition that affects the way you live?

Living Well
South East

Self-Management Program  Ontario

Living Well with Chronic Pain

FREE 6-week workshop

Now Online! Via Zoom Meeting

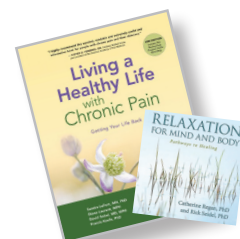
Gain information and new skills to better manage your chronic pain, keep active and live healthier.

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.

The workshop is open to anyone living with chronic pain, their family members and caregivers.

**Thursday afternoons,
September 14 to October 19, 2023
1:30 to 4:00pm EST**

Receive a **FREE** copy of the book *Living a Healthy Life with Chronic Pain* and of the meditation audio file *Relaxation for Mind and Body*.



REGISTER ONLINE TODAY as spaces are limited!

You can register by visiting www.livingwellseontario.ca. Please contact us with any questions at selfmanagement@kchc.ca or 613-542-2949 x1179



You can learn how 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.