

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.

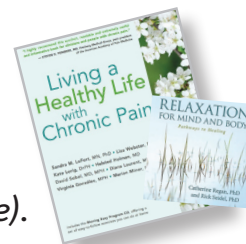
The workshop is open to anyone living with chronic pain, their family members and caregivers.

Monday afternoons,
April 12 to May 17, 2021

1:30 pm – 4:00 pm

Please note that there will also be an **online 15-30 min orientation session on Friday, April 7 at 2:00pm**.

Receive a **FREE** copy of the book *Living a Healthy Life with Chronic Pain* and of the meditation CD *Relaxation for Mind and Body* (physical & electronic versions available).



REGISTER ONLINE TODAY as spaces are limited! You can register by visiting www.livingwellseontario.ca. Please contact Danielle with any issues or questions at danielled@kchc.ca or 613-484-8072.



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.



PRINCE EDWARD
FAMILY HEALTH TEAM



Kingston Community
Health Centres
Centres de santé
communautaire de Kingston

The Living Well workshops are coordinated by the Self-Management Program of Southeastern Ontario which is housed at the Kingston Community Health Centres and is made possible through funding from the Ministry of Health and Long-Term Care.