



"It's Your Life...Live it Well"

Take Control

Feel Better

Energize

Live

Enjoy

# Live Well with Chronic Pain

## Tools to Manage Pain and Get Your Life Back

### **FREE Workshop!**

Join us for a **6-week workshop** and explore ways to better manage ongoing health conditions.

### **Workshops offered in the following formats:**

- in-person
- via phone
- virtually

### **Connect with others weekly and explore:**

- Action Planning and Problem-Solving
- Techniques to deal with frustration, fatigue, isolation and poor sleep
- Healthy eating choices and gentle exercises to help with pain
- Working with healthcare providers
- Other helpful information for managing your pain day-to-day

Participants will receive a *Living a Healthy Life with Chronic Pain* Book, and a relaxation CD.

**For more information on Live Well or to register for a workshop or information session contact:**

**Cathy Grosshart**

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**or call 203-814-3693**

