

# FREE

## SIX-WEEK WORKSHOP

(2.5 hours per week for six weeks)

CHRONIC PAIN  
SELF-MANAGEMENT  
PROGRAM

WORKBOOK

SANDRA M. LEFORT, PHD, RN  
AND LISA WEBSTER, RN

AS A PART OF THE  
PROGRAM YOU WILL BE  
PROVIDED WITH A CHRONIC  
PAIN WORKBOOK & A COPY  
OF THE BOOK *LIVING A  
HEALTHY LIFE WITH  
CHRONIC CONDITIONS*

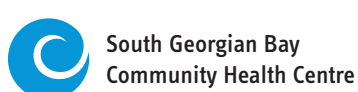
# LIVING A HEALTHY LIFE WITH CHRONIC PAIN

## SELF MANAGEMENT PROGRAM

A healthy living series for adults of all ages who face the challenges of conditions such as Arthritis, Migraines, Fibromyalgia, and more.

THERE ARE SIX SESSIONS EACH WITH A DIRECT FOCUS.

- |          |  |          |  |          |   |
|----------|--|----------|--|----------|---|
| <b>1</b> | <ul style="list-style-type: none"><li>• UNDERSTANDING ACUTE &amp; CHRONIC PAIN</li><li>• ACTION PLANS</li></ul>    | <b>2</b> | <ul style="list-style-type: none"><li>• BREATHING TECHNIQUES</li><li>• PHYSICAL ACTIVITY</li><li>• MUSCLE RELAXATION</li></ul> | <b>3</b> | <ul style="list-style-type: none"><li>• DEALING WITH EMOTIONS</li><li>• PAIN MANAGEMENT</li></ul>   |
| <b>4</b> | <ul style="list-style-type: none"><li>• HEALTHY EATING</li><li>• COMMUNICATION</li><li>• PROBLEM-SOLVING</li></ul> | <b>5</b> | <ul style="list-style-type: none"><li>• MEDICATION USAGE</li><li>• DEPRESSION MANAGEMENT</li></ul>                             | <b>6</b> | <ul style="list-style-type: none"><li>• WORKING WITH YOUR HEALTHCARE PROFESSIONAL</li><li>• PLANNING FOR THE FUTURE</li><li>• TREATMENT DECISIONS</li></ul> |



For more information or to register for a group closest to you, call (705)422-0900 ext108 or email [dsm@sgbchc.ca](mailto:dsm@sgbchc.ca)

SUPPORT PERSONS AND FAMILY MEMBERS WELCOME!

[www.nsmselfmanagement.ca](http://www.nsmselfmanagement.ca)