

Take
Control



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

Feel
Better

Live Well with Chronic Pain Virtual Workshop

Join this free 6-week workshop and learn how to better manage your ongoing health condition

Participants will need a computer, tablet or cell phone and a reliable internet connection. A technology training session will be provided prior to starting the workshop.

You will learn:

- How to understand and manage symptoms
- Healthy eating
- Better breathing
- Pacing and planning
- How to manage stress and difficult emotions
- How to safely perform physical activity
- How to set small, achievable goals

Energize

Live

Thursdays | 1:00 pm - 3:30 pm
April 4th, 11th, 18th, & 25th, May 2nd & 9th, 2024

Enjoy

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