

# Chronic Pain Self Management Workshop

**Healthy U Chronic Pain** is a free, six week workshop that helps participants learn proven strategies to manage chronic pain. Open to anyone 18 or over living with or caring for someone with chronic pain.



## Topics include:

- Setting and achieving personal goals.
- Strategies to deal with pain, stress, fatigue, and depression.
- Using physical activity to maintain and improve strength, flexibility, and endurance.
- How to use medications safely and appropriately.
- Better ways to talk with your doctor and your family about your pain.

## Healthy U Chronic Pain is those who:

- Have long-term pain from **arthritis, fibromyalgia, past injuries, etc.**
- Are looking for better ways to manage pain symptoms
- Feel limited in daily activities
- Feel tired, alone, or fearful because of their health condition

## Upcoming Workshop

Six weekly sessions—Wednesday afternoons

**February 5 through March 11\***

12:30 - 3:00pm

\* If schools are closed due to weather, class will be canceled and the workshop extended a week.

**Xenia Community Center  
(Next to GCCOA Office)  
1265 W Second St., Xenia**

There is no charge, but you must register in advance.

**Contact Susan Finster at 376-5486 or email  
[susan.finster@gccoa.org](mailto:susan.finster@gccoa.org)**

## Participants Say

*Now I know I'm not alone.*

*I feel healthier and smarter and more aware of my health.*

*This workshop showed me I can take control of my future.*

