

Chronic Pain Management

A self-management workshop to help you learn ways to reduce pain, deal with related issues, like having trouble sleeping, and more.

If you suffer from long-lasting (chronic) pain—from an injury, surgery, or health condition—you're not alone.

About **100 million** Americans are living with chronic pain. That's more than are living with diabetes, heart disease, and cancer combined! But there are many things you can do to manage your pain—and we can help. Our Healthier Living Workshop for Chronic Pain can help you learn ways to reduce pain, deal with related issues, like having trouble sleeping, and more.

The Workshop Healthier Living Workshop: Pain

WHAT THE PROGRAM OFFERS

Support and education, including:

- Techniques to deal with problems such as frustration, fatigue (feeling tired), isolation, and poor sleep
- Exercises to improve your strength, flexibility, and endurance—and instructions on how to pace yourself between activity and rest
- Tips for talking with your family, friends, and health care professionals about pain

TIMING

Each workshop session is 2 ½ hours, once a week, for six weeks.

WHO IT'S FOR

People living with chronic pain for more than 3 to 6 months. Some chronic pain conditions are: musculoskeletal pain (neck, shoulder, back pain, etc.), fibromyalgia, postsurgical pain that lasts beyond 6 months, neuropathic pain, and post-stroke pain. This workshop can also benefit people with persistent headache, Crohn's disease, Irritable Bowel Syndrome, diabetic neuropathy, or those who experience severe muscular pain from conditions such as multiple sclerosis.

FOR INFORMATION...

For information on the **Chronic Pain Management Program**, contact:

Jen Grant

802-748-9405 ext. 1026

jennifergr@nchcvt.org



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