



Living Well *with* **CHRONIC CONDITIONS**

Chronic Pain Self-Management Program

The *Living Well Chronic Pain Self-Management Programs* will empower you to take charge of your health giving you the tools to better manage your health so you can feel better, be in control and do the things you want to! Programs have been developed by Stanford University and are evidence based.
FREE and open to all.



FOR MORE INFORMATION OR TO REGISTER
CALL 304.264.1287, EXT 31814 or email
Dana DeJarnett at dana.dejarnett@wvumedicine.org

WORKSHOPS INCLUDE:

- ✓ Techniques to deal with frustration, fatigue, pain, isolation, stress and poor sleep
- ✓ Appropriate exercise to maintain/improve strength, flexibility and endurance
- ✓ Appropriate use of medication
- ✓ More about the pain and symptom cycle and successful ways of dealing with difficult emotions
- ✓ How to work with your health care team and much more

**JOIN US
VIA ZOOM!**
NEW DATES!

WEDNESDAYS
**April 20 –
May 25**

1:00 pm - 3:00 pm