



“Living with arthritis pain — constant, nagging pain — is so debilitating. Healthy Living with Chronic Pain taught me strategies to manage my pain. Having a little control feels great.”

Proven Outcomes

Healthy Living with Chronic Pain has been researched and proven to work. People who have taken the program experience:

- ◆ Better health and increased confidence in managing their pain
- ◆ Improvements in vitality or energy
- ◆ Less pain and dependence on others
- ◆ Improved mental health
- ◆ Greater involvement in everyday activities

Find and register for a workshop

Six Wednesday mornings October 23 - November 27, 2024, from 9:00 – 11:30 am.
Location: Cargill United Methodist Church, 2000 Wesley Avenue, Janesville. Suggested donation = \$20; includes book! To inquire or register by October 11th, call the ADRC at: 608-757-5309 or email: Lisa.Messer@co.rock.wi.us For ages 60+.

Living with pain? What if you could feel better?

If living with ongoing pain is keeping you from doing the things you want to do, Healthy Living with Chronic Pain can help by giving you the tools and strategies to manage your pain. If you're 18 or older and have or live with someone who has chronic pain, this program is for you!

Developed at Stanford University, the workshop meets for 2½ hours once a week for six consecutive weeks and is facilitated by two trained leaders in a small, interactive group setting. Topics include:

- ◆ Short-term goal setting & planning
- ◆ Relaxation & breathing
- ◆ Medication usage & evaluating treatments
- ◆ Quality sleep & fatigue management
- ◆ Stress and depression management
- ◆ Healthy eating and nutrition
- ◆ Decision-making & problem-solving
- ◆ Fitness for exercise and fun
- ◆ Communicating effectively with friends, family, and your medical team

This program does not replace existing treatments, but serves to complement a participant's current medical treatment plan. This program is not meant for a person who has pain medication addiction issues.

