

Getting the most out of life with long-term conditions

- Would you like to feel better and do more of the activities you enjoy?
- Would you like to make changes around diet or exercise but you don't know where to start?
- Do you live with chronic pain, fatigue, or depression?
 - Would you like to learn strategies for better managing your medications and communicating with your doctor?



Central East Self-Management Training Program

Chronic Pain Self Management

FREE six-week workshop
(2½ hours per week for 6 weeks)

Mondays 1:00 pm – 3:30 pm
Sept. 14 – Oct 26
(no session Oct 12)

Royal Gardens Retirement Residence
1160 Clonsilla Ave.
PETERBOROUGH

**You will receive a copy of the book
“Living a Healthy Life with Chronic
Conditions.”**

Caregivers Welcome.

Registration required.

Call 1 866 971 5545

OR

To register online:

www.healthylifeworkshop.ca

living a healthy life with chronic conditions

Central East Self-Management Training Program

WORKSHOP OVERVIEW

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management	✓					
Debunking myths	✓					
What is chronic pain?	✓					
Making an action plan	✓	✓	✓	✓	✓	✓
Feedback/Problem-solving		✓	✓	✓	✓	✓
Fitness/Exercise		✓	✓	✓	✓	✓
Pacing activity & rest		✓				
Using your mind to manage symptoms		✓	✓		✓	✓
Difficult emotions			✓			
Fatigue/sleep			✓			
Communication				✓		✓
Healthy eating				✓		
Medications					✓	
Depression					✓	
Making treatment decisions						✓
Working with your health care professionals						✓
Future plans						✓