



Virtual Workshop: Learning to Live Well with Chronic Pain

The Chronic Pain Self-Management Program is a free six- week workshop for people living with chronic pain. This workshop provides health education and exercise, as well as mutual support to build participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Topics covered include:

- Techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep
- Practice of exercises for maintaining and improving strength, flexibility, and endurance
- Information and strategies on medication use and nutrition
- Communicating effectively with family, friends, and health professionals
- Pacing activity and rest
- How to evaluate new treatments

Registration is required and necessary to obtain information on how to access the workshop. Call 1.800.757.0202 to register.

**Mondays,
October 26th
through
November 30th
1:00pm to
3:30pm**

Online Access Information:

During the COVID-19 Pandemic, all Rush Generations workshops will be hosted using Zoom videoconferencing platform (<https://zoom.us>)

You will need Zoom access to participate in this workshop. If you need assistance setting this up, call Padraic Stanley, LCSW at 312-942-2089.

Pre-registration is necessary to receive workshop materials.



Excellence is just the beginning.

A healthier today
Rush Generations
and a vital tomorrow