

Staying Healthy at Home with The Dallas Area Agency on Aging



Chronic Pain Self-Management Virtual Workshop

Do you have chronic pain, or do you know someone who does? Our Chronic Pain Self-Management Workshop helps individuals and their loved ones deal with the ongoing issues associated with chronic pain.

Workshop participants will learn about:

- Strategies to overcome problems such as frustration, fatigue, isolation, and poor sleep
- Exercises for maintaining and improving strength, flexibility, endurance and pacing activity with rest
- Appropriate use of medications and evaluating new treatments
- Communication skills
- The importance of good nutrition in pain management

This 6-week workshop meets over a virtual Zoom class once a week for 2.5 hours. Participants that attend the workshop will receive a free copy of the Living a Healthy Life with Chronic Condition book, a Relaxation for Mind and Body CD, and a Moving Easy exercise program.

To register for a program or get more information click here:

Questions: Email: empoweryou@ccgd.org

Main number: 214-871-5065 and ask for An Evidence Based Team Member.