

# CHRONIC PAIN SELF-MANAGEMENT

## Register soon for upcoming sessions



This workshop was developed to help participants build confidence, manage health and maintain active and fulfilling lives while living with symptoms of chronic pain.

Topics and skills discussed in the workshop include:

- Skills to help you maintain a wellness focus and improve your quality of life
- Techniques to deal with frustration, fatigue, isolation and poor sleep
- Appropriate use of medications
- Healthy eating
- Decision-making and problem solving
- Pacing activity and rest

No need to leave your home! The workshop is given online. It runs for 2 ½ hours once a week for six consecutive weeks. The sessions are FREE.

Class size is limited and registration is required.

### Two free Chronic Pain workshops in early 2021

**Workshop A:** Tuesdays, February 2 through March 16, from 1 to 3:30 p.m.

**Workshop B:** Wednesdays, March 10 through April 21, from 1 to 3:30 p.m.

**Where:** It's online! The workshop will be given via Zoom videoconference.

**Cost:** Free

**Register now:**

<https://tinyurl.com/sanford-cp-2021>

**Want more info?** Call (775) 235-8862 or email [wellness.sca@gmail.com](mailto:wellness.sca@gmail.com)

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