



Chronic Pain Self-Management Workshop

Live & Interactive Meeting via the Internet

For adults experiencing:

- Chronic musculoskeletal pain
- Repetitive strain injury
- Chronic post-surgical pain
- Pain caused by trauma
- Chronic pelvic pain
- Diabetic peripheral neuropathy

You will learn:

- Techniques to deal with chronic pain, frustration, fatigue, and stress
- Appropriate exercise and nutrition
- How to evaluate medication and treatments
- Effective communication with health professionals, family, and friends

[Includes the Chronic Pain Workshop reference book and exercise cd](#)

This 6-week program meets

Every Thursday

(Except Thanksgiving Day)

November 5th to

December 17th

(9:00 AM - 11:30 AM)

There is no charge for this workshop series

Class Size is Limited to 12 Participants

For more information or to register:

Contact Arminda Perch:

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Presented in partnership with Jefferson Area Board for Aging, Sentara Health, Rappahannock Rapidan Community Services and The Population Health Department at UVA Health

