

Don't just live with the pain. Manage it.



Chronic Pain Self-Management Program - Online!

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

***THERE IS NO
CHARGE FOR THIS
WORKSHOP SERIES***

*You will also receive a free
Chronic Pain reference book
and exercise CD*

This live, interactive 6-week program meets online every Thursday (*except Thanksgiving Day*) November 5 to December 17 at 9:00am–11:30am

Class size is limited to 12 participants.

For more information or to register:
Contact Arminda Perch: 434-297-5839,
email: ap5yb@virginia.edu

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

