

# Healthier Living with Chronic Pain

Healthier Living with Chronic Pain is a self-management program originally developed at Stanford University.

## During the program you will learn:

- techniques to deal with frustration, fatigue, isolation, and poor sleep
- appropriate exercise for improving strength and energy
- appropriate use of medications and better communication skills
- guidelines for healthy eating and managing movement with rest



Attend this **Healthier Living with Chronic Pain** program provided by Dignity Health and get the support you need. Program is held once a week for 6 weeks for 2.5 hours. Program is facilitated by two trained peer leaders.

St. Rose Community Outreach Center

2651 Paseo Verde Pkwy, Suite 180, Henderson, NV 89074

**Group meets Mondays • July 23 – August 27, 2018 • 9 am–11:30 am**

**Sign up today by calling (702) 616.4900.**