FREE PROGRAM

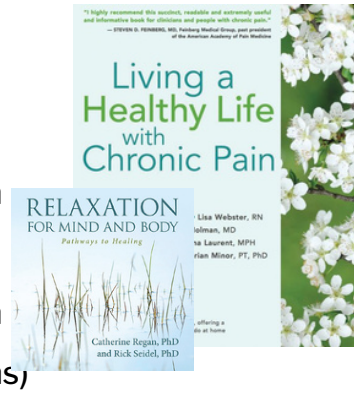
CHRONIC PAIN SELF-MANAGEMENT

A program for anyone living with or giving care to someone with chronic pain.

You will learn about:

- Pacing activity and rest
- Goal setting & problem solving
- Positive thinking
- Decision making skills
- Communication skills
- Moving Easy Program (15 min. exercise)
- Medication use and treatment evaluation
- Healthy eating

You will receive:



- Living a Healthy Life with Chronic Pain workbook
- Certificate of completion (for attending 4+ sessions)

Program takes over 6 weeks, 2.5 hours per week

Location:

In-person- Various locations in Toronto

Virtual- Zoom meeting

For more information, contact

416 461 3577 x 2241 & 2255

ChooseHealthTC@srchc.com

Choose Health Toronto Central Self-Management Program Ontario

Hosted by South Riverdale Community Health Centre