

CHRONIC PAIN SELF-MANAGEMENT ONLINE

WEDNESDAYS

APRIL 5 – MAY 10

10:00 AM – 12:30 PM

This program emphasizes the skills needed in day-to-day pain management to maintain or increase activity and live a healthy life.

YOU WILL LEARN:

- **TECHNIQUES TO DEAL WITH FRUSTRATION, FATIGUE, PAIN AND ISOLATION**
- **MOVING EASY EXERCISES AND NUTRITION FOR MAINTAINING AND IMPROVING STRENGTH, FLEXIBILITY AND ENDURANCE**
- **APPROPRIATE USE OF MEDICATIONS**
- **PACING ACTIVITY AND REST**
- **COMMUNICATING EFFECTIVELY WITH FAMILY, FRIENDS, AND HEALTH PROFESSIONALS**

FREE WORKSHOP BY



REGISTRATION REQUIRED

CONTACT

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(936) 634-2247 ext 5309

REQUIREMENTS

1. Participants must be at least **60 years of age**
2. Live in one of the following TX counties:
 - Angelina
 - Houston
 - Nacogdoches
 - Newton
 - Polk
 - Sabine
 - San Augustine
 - San Jacinto
 - Shelby
 - Trinity
 - Tyler
 - or the Alabama-Coushatta Tribe of Texas Reservation
3. Be able to attend weekly meetings for **2 ½ hours, once a week for 6 weeks**

