

Chronic Pain Self-Management Program

is led by trained leaders.

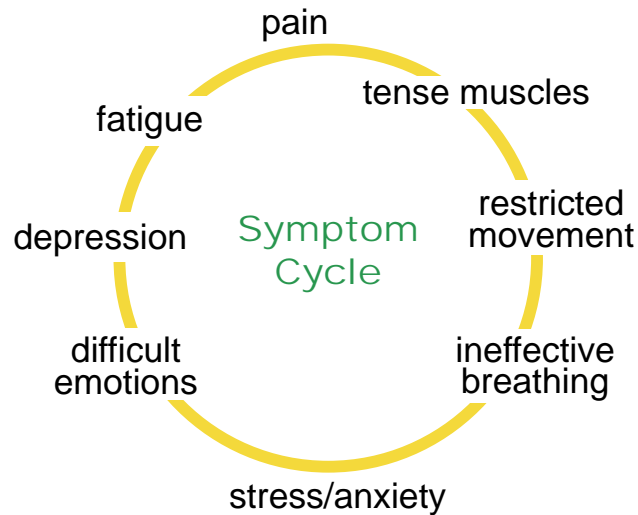


Join our team of volunteer leaders from across Saskatchewan

Register for the next four-day Leader Training Series in your community and become a volunteer leader.

Training offered on a regular basis.

Pain & Symptom Cycle



Live *Well* with
Chronic Pain

You Are
Not
Alone!

Are you interested in taking the workshop or becoming a Volunteer Leader?

Within Saskatoon call:
306-655-LIVE (5483)

Out of Saskatoon toll free:
1-877-548-3898



Sign up now for a Chronic Pain Workshop!

The Program is . . .

- For adults of any age who have chronic pain such as: musculoskeletal pain, fibromyalgia, whiplash injury, chronic regional pain syndrome, repetitive strain injury, chronic pelvic pain, post-surgical pain lasting longer than 6 months, neuropathic pain, neuralgias, post stroke or central pain, persistent headache, Crohn's disease, irritable bowel syndrome, and severe muscular pain due to conditions such as multiple sclerosis.
- An interactive workshop covering a range of strategies and tools to help you manage your pain and get on with living a fulfilling life.
- Given in groups of 10 - 16 people who meet for 2.5 hours a week for 6 consecutive weeks.
- Offered throughout Saskatchewan at **NO COST.**



Free resource books provided



"It gave me some very practical approaches to getting things done and I am now able to get more done in a day without getting tired."

Free 6 Session Workshop for Adults with Any Kind of Ongoing Pain

Family Members and Friends Welcome



"The program has helped me greatly; every day I still do the moving easy program we learned and I pace myself now. I really enjoyed it."



"Action plans - I really enjoy this part. It gives us more power to set a goal we can complete. I use this daily."