

**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.



# You Are Not Alone!

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

Saskatoon and Area  
Aim 4 Health - 2409 22 Street West  
Saskatoon, SK S7M 0V8  
P: 306-655-LIVE (306-655-5483)  
Toll free P:  
1-877-LIVE-898 (1-877-548-3898)  
F: 306-655-6758



**Live Well  
with Chronic Pain**



## The Program is . . .

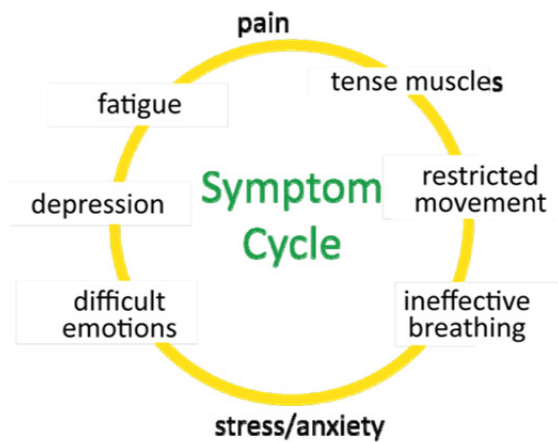
For adults of any age who have chronic pain such as: musculoskeletal pain, fibromyalgia, whiplash injury, chronic regional pain syndrome, repetitive strain injury, chronic pelvic pain, post-surgical pain lasting longer than 6 months, neuropathic pain, neuralgias, post stroke or central pain, persistent 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.

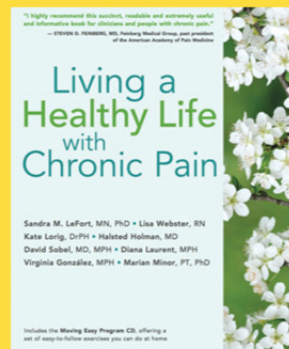
Offered throughout Saskatchewan at NO COST.

## Pain & Symptom Cycle



**Free 6 Session  
Workshop for Adults  
with Any Kind of  
Ongoing Pain  
Family Members and  
Friends Welcome**

*Free  
resource  
books  
provided*



## Testimonials

*"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."*

*"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."*

