Living Healthy with Chronic Pain

A Chronic Pain Self-Management Program

The Chronic Pain Self-Management Program (CPSMP) is an evidence-based program designed by the Self-Management Resource Center to help people with chronic pain live a healthy, happier life. CPSMP encourages lifestyle changes to better manage chronic conditions.

Chronic Pain Self-Management Lay Leader Training

Date(s): September 16, 17, and 23, 24, 2019

Time: 10:00am – 5:00pm

Location: Agape Community Health Center

1130 Goodwin Drive, Williamston, NC 27892

Cost: $150 *(includes program book, handouts & refreshments)*

Participants who successfully complete this four-day training become certified "lay-leaders" and can facilitate this healthful workshop within local communities. Certified lay-leaders will work in pairs to co-facilitate this fun and interactive curriculum. Living Healthy workshops meet weekly for 2.5 hours for six weeks.

Lay-leaders help participants develop healthful tools and techniques such as:

- How to deal with frustration, fatigue, pain & isolation
- Appropriate exercise for strength, flexibility & endurance
- Decision-making skills to better deal with medication use & treatment options
- Nutrition tips
- Pacing activity & rest
- Action planning

For inquiries & registration: 252.974.1854 or bgarner@mideastcom.org

Deadline to Register: September 12th

Sponsored by: Healthy Aging NC, Centralina Area Agency on Aging, and Mid-East Commission Area Agency on Aging