

Join a FREE six-week Chronic Pain Self-Management Living Well Workshop!



UPCOMING WORKSHOPS:

**Call to register for
a new class**

**Location
Transportation Hub
2204 E Penn Ave
La Grande, OR 97850**

**\$370 Value
for FREE**

Past participants describe Living Well as...

“It was a very enriching
experience for me!”

“The Living Well class has
given me the confidence to
begin participating more in my
own life.”

**Workshops are free, interactive and applica-
ble for people of all ages. Caregivers are wel-
come, too! Learn from trained volunteer leaders
with Chronic Pain themselves about how to:**

1. Techniques to deal with problems such as frustration, fatigue, pain and isolation.
2. Appropriate exercise for maintaining and improving strength, flexibility and endurance.
3. Appropriate use of medication.
4. Communicating effectively with family, friends and health care professionals.
5. Nutrition.
6. Decision making.
7. How to evaluate new treatments.

"I highly recommend this succinct, readable and extremely useful and informative book for clinicians and people with chronic pain."
— STEVEN D. FEINBERG, MD, Feinberg Medical Group, past president of the American Academy of Pain Medicine

Living a Healthy Life with Chronic Pain

Sandra M. LeFort, MN, PhD • Lisa Webster, RN
Kate Lorig, DrPH • Halsted Holman, MD
David Sobel, MD, MPH • Diana Laurent, MPH
Virginia González, MPH • Marian Minor, PT, PhD

Includes the Moving Easy Program CD, offering a set of easy-to-follow exercises you can do at home



**All participants receive a free
Living a Healthy Life book.**

**Sign up TODAY by contacting:
Maegan or Rochelle at
541-963-3186**



**Community Connection
of Northeast Oregon Inc.**