

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



## UPCOMING WORKSHOPS

Dates:

Fridays

May 25—, 2018

1:30 p.m. – 4:00 p.m.

Location:

Grande Ronde Retirement

Family Room

1809 Gekeler Lane

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

Workshops are free, fun, interactive, and applicable for people of all ages. Caregivers are welcome, too! Learn from trained volunteer leaders, who are living with or have a loved one living with chronic pain, about:

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. FENBERG, MD, Fenberg 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:  
Rochelle at 541-963-3186  
Holly at 541-910-5286.



Community Connection  
of Northeast Oregon Inc.

