

## Chronic Pain Self-Management Program

is led by trained leaders.

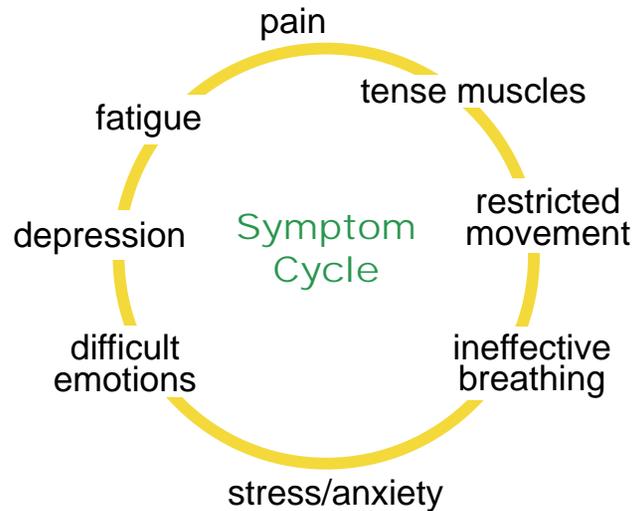


**Join our team of volunteer  
leaders from across  
Saskatchewan**

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?**

**Please call:**

1-306-873-3760



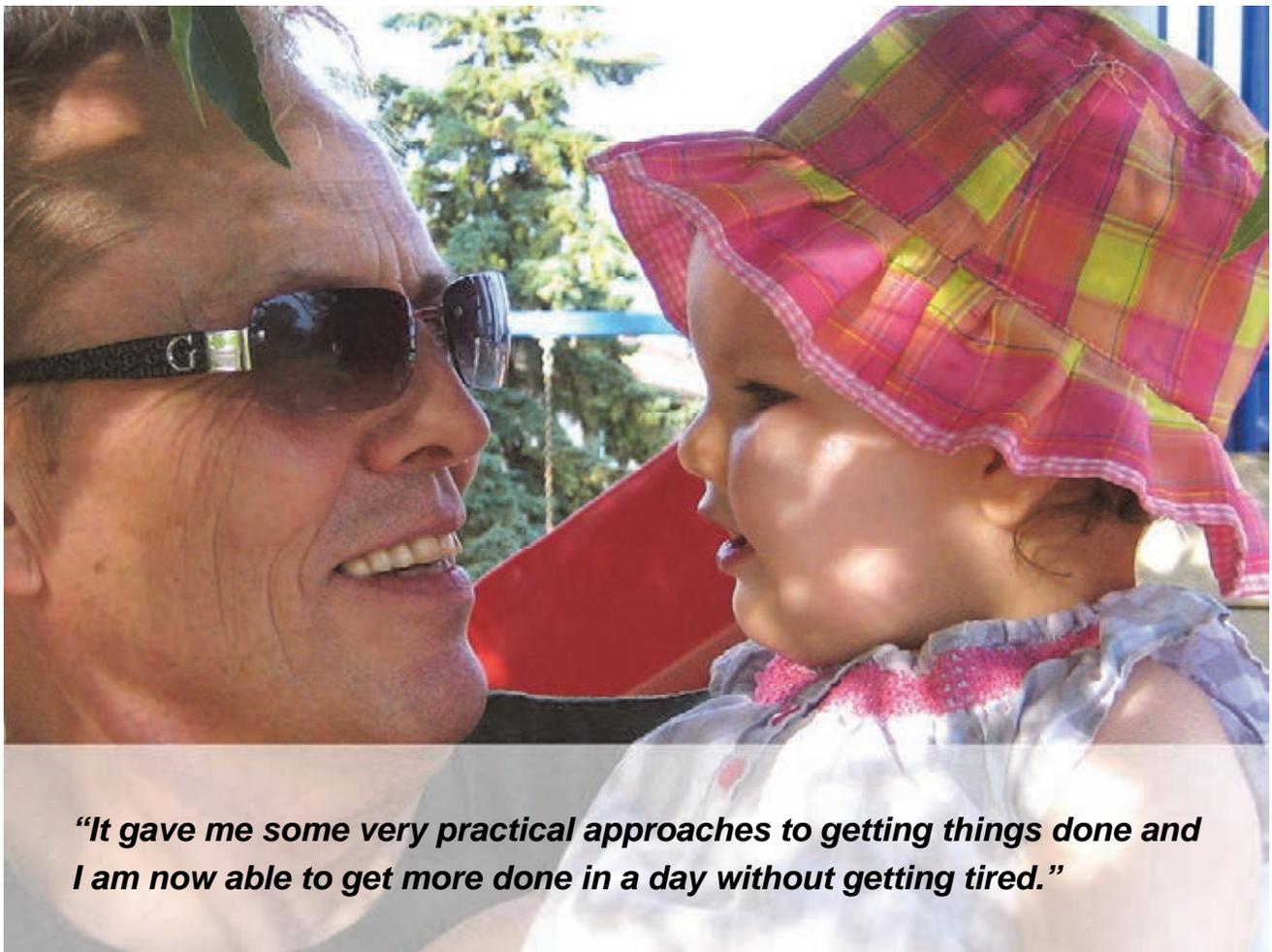
**Sign up now for a  
Chronic Pain Workshop!**

## 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."*