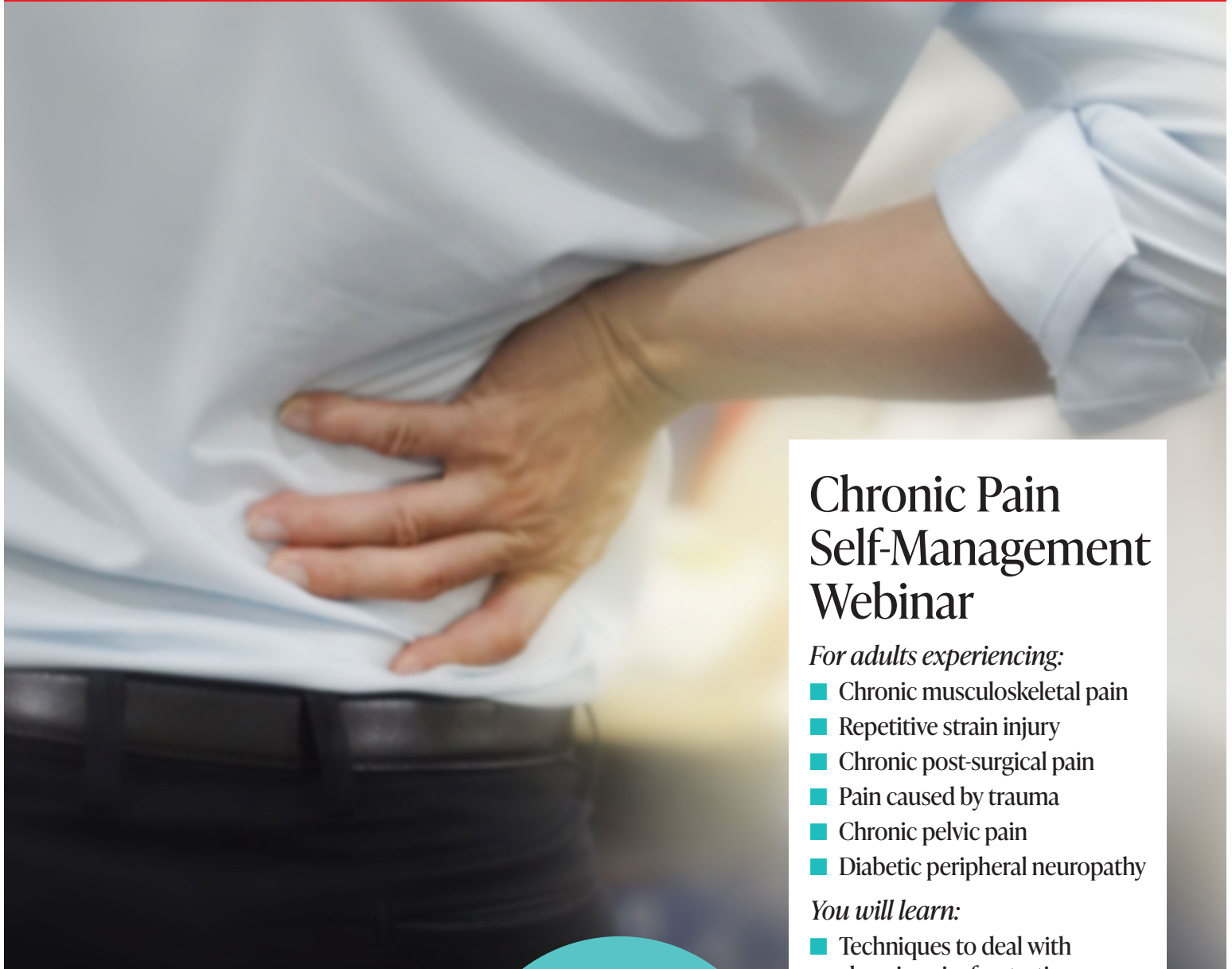


Don't just live with the pain. Manage it.



Chronic Pain Self-Management Webinar

For adults experiencing:

- Chronic musculoskeletal pain
- Repetitive strain injury
- Chronic post-surgical pain
- Pain caused by trauma
- Chronic pelvic pain
- Diabetic peripheral neuropathy

You will learn:

- Techniques to deal with chronic pain, frustration, fatigue, and stress
- Appropriate exercise and nutrition
- How to evaluate medication and treatments
- Effective communication with health professionals, family, and friends

This 6-week program meets every Wednesday ONLINE February 24 to March 31 (10am-12:30pm).

Class size is limited to 12 participants. For more information or to register: Bonnie Vermillion (540) 547-4824, email: bonnired@comcast.net

THERE IS NO CHARGE FOR THIS WORKSHOP SERIES

Includes the Chronic Pain Workshop reference book and exercise CD

Presented in partnership with Jefferson Area Board for Aging, Sentara Health, Rappahannock Rapidan Community Services and The Population Health Department at UVA Health

