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

THERE IS NO CHARGE FOR THIS WORKSHOP SERIES

Includes the Chronic Pain Workshop reference book and exercise CD

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

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