



WHAT IS HEALTHY LIVING WITH CHRONIC PAIN?

Healthy Living with Chronic Pain is a six-week workshop for adults who have – or are living with someone who has – on-going pain.

Led by trained leaders in a small group setting, the program focuses on helping you feel better, have more control and do the things you want to do.

This program does not replace existing treatments but serves to complement your medical treatment plan. It is not intended to be a solution for addiction to pain medication.

BUILD SELF-CONFIDENCE IN YOUR ABILITY TO MANAGE YOUR PAIN

Healthy Living with Chronic Pain teaches you:

- Strategies for understanding and managing pain
- Short-term goal setting
- Gentle movement and stretching exercises
- Mind and body connection
- Relaxation techniques
- Stress and depression management
- Communicating effectively with family, friends and your medical team

WORKSHOP INFORMATION

Where: Virtually

When: Wednesdays, Feb. 7 - March 13, 8:30 to 11:00

Cost: \$30, includes textbook

**Pre-register by calling (608) 775-6870
or visit gundersenhealth.org/living-well**





"Getting a handle on my pain isn't as impossible as I thought it was. I learned to take things one step at a time and see what worked for me."



Wisconsin Institute
for Healthy Aging

GUNDERSEN
HEALTH SYSTEM®

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HEALTHY LIVING WITH CHRONIC PAIN

A lifetime of new options for
managing your pain

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