

# Living Well With Chronic Pain!



**“We learned how to manage our chronic pain! *You can too....*”**



Do you suffer with chronic pain? The **Living Well Self-Management Programs** give you important information about your health conditions and teach you the skills to better manage them.

**Living Well With Chronic Pain** is a *free*, six week program that meets once each week for two hours and helps you learn:

- Techniques to deal with frustration, fatigue, pain and isolation;
- Appropriate exercises;
- Appropriate use of medications;
- More about the pain and symptom cycle and successful ways of dealing with difficult emotions;
- How to work with your health care team.

**You have the opportunity to put *living* back in your life again and for the first time in a long time, you can choose to live well.**

For more information about:

Living Well with Chronic Conditions  
Living Well with Diabetes or  
Living Well with Chronic Pain  
please call:

Delois Brown  
410.996.5168



Living Well Self-Management Programs are offered through a partnership with Senior Services & Community Transit and the Cecil County Health Department.