

CHRONIC PAIN

Self-Management

A **FREE** PROGRAM FOR
PEOPLE WITH CHRONIC PAIN

Each person with chronic pain is different.

Chronic pain can often not be eliminated, but there are many things you can do to feel better. You will learn which tools and techniques work best for you, and how to take responsibility for managing your chronic pain.

This workshop includes gentle movement exercises, please wear comfortable clothing.

Prior participation in the Healthier Living Workshop is recommended.

Any adult with chronic pain can participate. A friend or caregiver is welcome to attend with you.



Choosing Health

NORTHEASTERN VERMONT
REGIONAL HOSPITAL

Hospital Drive, St. Johnsbury | More information at 802-748-7395 NVRH.org



UPCOMING SESSIONS!

TUESDAYS, 9:30 a.m. to noon
OCTOBER 29 – DECEMBER 3

COMMUNITY CONNECTIONS
CLASSROOM
55 SHERMAN DRIVE, ST. JOHNSBURY

Registration limited to 18 people,
10 person min.

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TO ENROLL, CALL 802-748-7395 OR MAIL THIS TO:
PAM SMART, NVRH, BOX 905, ST. JOHNSBURY, VT 05819

NAME _____

ADDRESS _____

PHONE _____