



# Chronic Pain Self-Management

## Program Overview

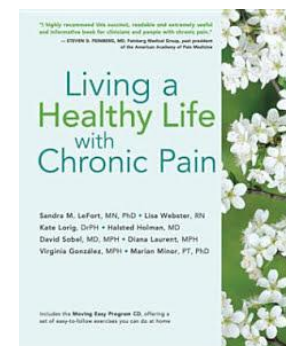
Chronic Pain Self-Management is a six week group workshop designed to help individuals living with chronic pain better manage their symptoms and improve their daily lives. Participants set goals and make a step-by-step plan to improve their health. Workshop sessions are interactive and focus on peer support.

Chronic pain is defined as being chronic or long term when it lasts for longer than three to six months, or beyond the normal healing time of an injury.

Topics covered in the workshop include techniques to deal with problems such as frustration, fatigue, isolation, poor sleep, appropriate exercise for maintaining and improving strength, flexibility, endurance, as well as pacing activity and rest.

Workshop participants learn practical skills to manage the challenges of living with chronic pain, including: stress management, exercise proven to lessen symptoms, healthy eating, goal setting, medication management, effective communication skills and resources to assist in evaluating treatment options.

“Living a Healthy Life with Chronic Pain” is a resource book provided for workshop participants. The book includes a Moving Easy Program exercise CD, which offers a set of easy-to-follow exercises that can be performed at home.



The Chronic Pain Self-Management program is an evidence-based education program using scripted curriculum and detailed training material providing consistency and quality.

### ***To learn more contact:***

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