

Living a Healthy Life with Chronic Pain

Do You Struggle with Chronic Pain?

Register for this **FREE** 6 week program that teaches strategies to manage your pain.

Topics covered include:

- Dealing with problems such as frustration, fatigue, isolation, and poor sleep
- Exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Healthy Eating and Weight Management
- Balancing activity and rest
- How to evaluate new treatments

Next Workshop:

Date: Fridays September 21st – October 26th 2018

Time: 10:00am – 12:30pm

**Location: Chris Gibson Recreation Centre
125 McLaughlin Rd N, Brampton, ON L6X 1Y7**

Room:

To Register;

Please call; 905 863 2574 or 1844-643-7393
Or email; cdsm@williamoslerhs.ca

**Funded By:**

Ontario Ministry of Health and Long Term Care

Hosted By:

William Osler Health System

Workshops Offered In:

Brampton, Rexdale, Malton,
Dufferin County, Caledon and
Woodbridge