

# 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: Mondays September 24<sup>th</sup> – November 5<sup>th</sup> 2018**

**Time: 9:30am – 12:00pm**

**Location: Meridian Credit Union  
190 Broadway, Orangeville ON L9W 1K3**

**Room: Community Room**

### To Register;

Please call; 905 863 2574 or 1844-643-7393

Or email; [cdsm@williamoslerhs.ca](mailto: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