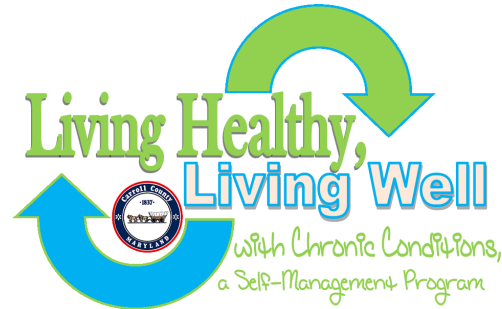
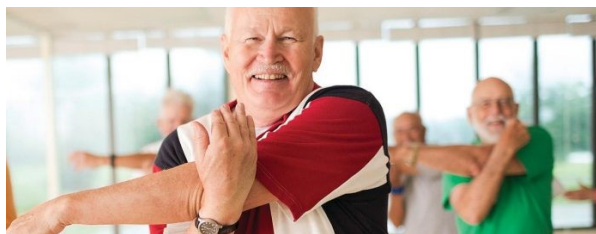




Chronic Pain can cause severe stress and turmoil to individuals and their families, changing the way they live on a day-to-day basis. This workshop series helps you discover strategies and skills that allow you to self-manage your pain.

Each 2 ½-hour workshop is lively, fun, interactive and research-based. Meet and gain support from others who suffer from Chronic Pain.



Sponsored and Offered for FREE by
Carroll County Bureau of Aging & Disabilities
125 Stoner Avenue
Westminster, MD 21157

Learn more about Carroll County's *Living Healthy, Living Well Program for Chronic Conditions, Diabetes, and Chronic Pain*

(an evidence-based self-management workshop originally developed at Stanford)

410-386-3818, LivingHealthy@carrollcountymd.gov

<https://carrollcountymd.gov/LivingHealthy>

The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.

Living Healthy, Living Well
with Chronic Pain



**Arthritis. Multiple Sclerosis.
Crohn's Disease. Fibromyalgia.
Muscular-Skeletal Pain. Leg Pain.
Diabetic Neuropathy. Pelvic Pain.
Post Surgical Pain. Back Pain.
Repetitive Strain Injuries.
Tension Headaches.**

**Empowering YOU to
Take Charge of
Your Pain!**



To register, get more information, or find out when the next workshop starts, please contact Leslie Wagner, Program Coordinator at 410-386-3818.

What is Living Healthy, Living Well with Chronic Pain?

This FREE interactive program is for individuals who are living with pain every day. This workshop is designed to help participants better manage their pain and become more active in their daily lives. Caregivers and family members are welcome and encouraged to participate.

Chronic Pain Self-Management workshops are 6 weekly, 2 ½-hour sessions all focused to help you manage your pain, become more active, and have more energy. This program covers both the physical aspect of managing chronic pain as well as the emotional aspect of managing pain. In addition, information is provided about what drugs can and cannot do in alleviating pain. The program also assists you in understanding that pain is interpreted by the brain and how efforts to reinterpret the pain can be helpful.

This workshop includes the Moving Easy Program (MEP), which is a gentle flexibility program designed to safely loosen muscles and joints and increase circulation. MEP is a sequence of 26 moves combining flexibility and gentle strength training with better breathing. This gentle movement program is designed to reduce stress and tension and calm the nervous system.

People who took Living Healthy, Living Well with Chronic Pain showed less pain and dependency on others; improved social, physical functioning, and mental health with less depression; and, increased life satisfaction.

Led by trained leaders, some of whom have chronic pain themselves, the program focuses on helping you feel better, have more control, and do the things you want to do.

Living Healthy, Living Well helps you build self-confidence in your ability to manage your chronic pain.

Topics include:

- What Is Pain?
- The Mind Body Connection / Distraction
- Getting a Good Night's Sleep
- Fatigue Management
- Pacing and Planning
- Evaluating Treatments
- Healthy Eating
- Dealing With Depression
- Medications For Chronic Pain
- Stress and Guided Imagery / Relaxation
- Appropriate Exercise / Moving Easy Program
- Communication With Your Healthcare Provider
- Decision Making
- Action Planning and Problem Solving

"I've found that being more self-aware is very helpful, focusing on what your body and mental state is doing to your overall pain."



"It's good for keeping myself feeling better about my pain because I have more tools for dealing with it."