

Our Pathways to Health Chronic Pain Self-Management

A FREE Workshop

Do you have back pain, fibromyalgia, repetitive strain injury or any type of pain that demands your attention on a daily basis?

Then this workshop is for you!

Topics Include:

- Understanding acute vs. chronic pain
- Active living techniques for people experiencing chronic pain
- Managing pain without medication
- Discussion of medications that treat chronic pain
- Working with providers and communication about chronic pain.

Workshops meet for 2 1/2 hours, once a week for six weeks.

Each workshop is facilitated by peer leaders trained by Stanford University.

Chronic Pain Self-Management Workshop

Bayside

Tuesdays

November 5th - December 10th, 2019

2:00 - 4:30pm

Humboldt Unitarian Universalist Fellowship ● 24 Fellowship Way

Call for more information at 267-9606 or look for
“Our Pathways to Health” to register online at
eventbrite.com

Humboldt IPA
Humboldt Independent
Practice Association