



# Humboldt IPA

Break the grip of pain and enjoy life again!

## Chronic Pain Self-Management Workshop

### About Chronic Pain Self-Management Workshops

- Free on-site workshops
- Meets for 2 1/2 hours each week for six weeks
- Trained peer leaders
- Meet new people and gain social support
- Gives you tools to live a healthier life

*If you or someone you love is dealing with ongoing pain, this workshop is for you. After this workshop participants report less pain, more energy and improved independence.*

- Learn chronic pain coping skills
- Practice relaxation and improve your sleep
- Learn gentle movement exercises
- Balance activity and rest
- Manage difficult emotions and stress
- Develop healthy eating habits
- Improve communication with healthcare providers
- Share the joy of your successes and enjoy the support of others like you



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**Sign up NOW for six 2 1/2 hour sessions.**

**Location: Blue Lake Hotel (3<sup>rd</sup> Floor, Ivey Room)**

**777 Casino Way Blue Lake, CA 95525**

**Dates: Feb 5<sup>th</sup>-March 11<sup>th</sup>, 2020**

**Time: 1:30pm-4:00pm**

**Contact: Our Pathways to Health 707-267-9606 to register and for ongoing workshops**