

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

Eureka

Saturdays

January 19th - February 23rd, 2019

10:00 am - 12:30pm

Humboldt IPA ● 2662 Harris St

Call for more information at [707.267.9606](tel:707.267.9606) or look for "Our Pathways to Health" to register online at eventbrite.com

Humboldt IPA
Humboldt Independent
Practice Association