

CHRONIC PAIN MANAGEMENT GROUP OPEN TO THE PUBLIC



Learn more about chronic pain from our team of City Centre Health Care and VON professionals. There will be presentations on pain self-management topics by a Physician, Nurse Practitioner, Social Worker and Registered Nurse on **MANAGING YOUR PAIN!**

Topics include:

- Identify and learn about **chronic vs. acute pain**
- Recognize the impact of pain on your **self-esteem and your thought process**
- Use **meditation and relaxation** techniques to deal with your pain
- Learn how to introduce **physical activity and healthy eating** into your daily routine
- Learn how to **effectively manage stress and set realistic goals** that will help you to move forward
- Learn about treatment options and use alternative techniques

Please call the VON Pain Program to register: 519-945-2931 ext. 4
Registration closes October 19th, 2019

Wednesdays: Oct. 23rd - Dec. 4th from 1:30pm-3:30pm
City Centre Health Care
1400 Windsor Ave., CMHA building (beside Coulter's)

