

# Living Well with Chronic Pain

Make feeling good  
your top priority



In **six, two-and-one-half hour** sessions, you'll learn about:

- Techniques to deal with frustration, fatigue, isolation, and poor sleep
- Appropriate exercise for maintaining and improving strength
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals, nutrition, pacing activity and rest
- How to evaluate new treatments.

### What participants say:

“Living Well with Chronic Pain taught me breathing techniques, how to move in ways that reduces my pain and, probably most importantly, that I’m not alone in this. Others are experiencing the same thing I am and we can help each other.”



**Juniper** is a statewide network grounded in your local community to help you live well, get fit, and prevent falls.

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## This class is for you if you:

- Have a primary or secondary diagnosis of chronic pain.
- Experience chronic neck, shoulder, or back pain; fibromyalgia; whiplash injuries; repetitive strain injury; post-surgical pain that lasts beyond 6 months; neuropathic pain (often caused by trauma); or neuralgias (such as post-herpetic pain, and trigeminal neuralgia).
- May also be helpful for those who experience persistent headache, Crohn's disease, irritable bowel syndrome, diabetic neuropathy, or those who experience severe muscular pain due to conditions such as multiple sclerosis.

The class is a combination of presentations, discussion, and activities with others who have similar experiences to you. Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their plan.

**Join us** for this small-group class, in your community, with your neighbors.

To find classes in  
your area visit:

[yourjuniper.org](http://yourjuniper.org)

The program, which is also known as "Chronic Pain Self-Management Program," was developed by Stanford University and is managed by the Self-Management Resource Center (SMRC).