

# Living Well *with* Chronic Pain

- Feel better
- Be in control
- Move more easily
- Connect with others

## Is living with pain getting you down?

This **FREE** 6-week workshop series will help you:

- Better cope with chronic pain and feel more in control
- Improve your problem-solving skills
- Work with health care providers to expand your ability to manage chronic pain
- Learn how eating healthy can make a difference
- Learn gentle movement exercise — please wear comfortable clothing
- Learn how to balance activity and rest... and much more

## Who should attend?

This workshop is open to adults of all ages who have chronic pain or who care for people who do.

*“Being able to share my doubts and fears in a ‘safe environment’ has helped me to feel a little less alone and overwhelmed. Thank you.”*

*“The ‘cure’ for my chronic pain will most likely come from within myself.”*

## Workshop Schedule

Workshops are scheduled on a regular basis in the Kennebec Valley area

To sign up or learn more, call:  
MaineGeneral Prevention Center  
872-4102

MGH Information & Referral Line  
1-855-4MGHINFO

[www.maine-general.org/preventioncenter](http://www.maine-general.org/preventioncenter)

