



LIVING WELL WITH CHRONIC PAIN

Q. What is Living Well with Chronic Pain?

A. An interactive, group workshop led by two facilitators. The workshop includes 6 weekly sessions, where participants learn effective strategies for symptom management to improve their overall health and wellness. Using tools learned during the sessions, participants are able to identify, develop, and pursue personal goals in a safe, inclusive environment.

Q. Who can benefit from Living Well with Chronic Pain?

A. The workshop is ideal for adults experiencing pain lasting longer than 3 months. The workshop is especially valuable for individuals with chronic musculoskeletal pain (e.g., lower back pain), fibromyalgia, and those who feel socially isolated or depressed due to pain. Caregivers, friends, and family members can also benefit from this program as they learn skills and resources to support their loved ones.

Q. What does Living Well with Chronic Pain do for participants?

A. Through covering the day-to-day challenges of living with pain, this workshop empowers participants to increase self-efficacy and improve knowledge and beliefs around their pain management. Participating in workshop activities result in positive behavior change and improved self-management of conditions and the related symptoms. Research demonstrates significant improvements in pain, energy, role functioning, life satisfaction, self-efficacy, and resourcefulness.