

CHRONIC PAIN PATH PROGRAM

Helping you take charge of your chronic pain

Chronic Pain PATH (Personal Action Toward Health) is a program led by certified instructors that is designed to provide skills and tools to help people living with chronic pain (and their support system) live a healthier life.



FREE
6-WEEK
VIRTUAL
WORKSHOP

Learn how to:

- challenge myths about dealing with pain
- master techniques to deal with frustration, fatigue, isolation and poor sleep
- pace yourself around activity and rest
- exercise appropriately to maintain or improve strength and endurance
- use medication wisely
- work effectively with family and health care providers

 **SIX-WEEK VIRTUAL WORKSHOPS AVAILABLE**



During registration, please indicate if you need special accommodations in order to participate. Since this is a full six-week workshop, new participants are unable to join after the second week.

DAY	SIX-WEEK COURSE	TIME
Monday	Sept. 19: Informational session <i>(strongly encouraged)</i> Weekly sessions begin Sept. 26	6–8 p.m.



TO REGISTER FOR ONE OF THESE WORKSHOPS,
Please call **800-633-7377** or visit **classes.beaumont.org**

