



A Better Way to Manage Chronic Disease

Chronic Pain Self-Management Program

The self-management program helps people and their caregivers control their symptoms, better manage their health problems, and lead fuller lives.

The teaching process makes this program effective. Classes are highly participatory. Mutual support and success builds participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

The program is facilitated by leaders with their own health challenges. The program is highly interactive, focusing on building skills, sharing experiences, and support.

The classes are 2 ½ hours, once a week, for 6 weeks. The small group workshops, for people with chronic disease and their caregivers, are offered in **community settings and online**. **The next course will be online, starting on Thursday, January 20th from 5:30 – 8:00 pm.**

Millions of adults live with one or more chronic health conditions. The program helps people and their caregivers manage their symptoms, improve their quality of life, and reduce healthcare costs.

If you would like to enroll, or if you have questions, contact **Gina** at (208)233-4032.

