

Living a Healthy Life with Chronic Pain

Do You Struggle with Chronic Pain?

Register for this **FREE** 6 week program that teaches strategies to manage your pain.

Topics covered include:

- Dealing with problems such as frustration, fatigue, isolation, and poor sleep
- Exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Healthy Eating and Weight Management
- Balancing activity and rest
- How to evaluate new treatments.

Next Workshop:

Date: Monday June 11th – July 23rd 2018

Time: 1:30pm – 4:00pm

Location: Etobicoke General Hospital

101 Humber College Blvd, Etobicoke ON.

Room: Level 5, Room #2

To Register;

Please call; 905 863 2574 or 1844-643-7393

Or email; cdsm@williamoslerhs.ca



SELF MANAGEMENT PROGRAM
Central West

Funded By:

Ontario Ministry of Health and Long Term Care

Hosted By:

William Osler Health System

Workshops Offered In:

Brampton, Rexdale, Malton, Dufferin County, Caledon and Woodbridge