

# Living Well with Chronic Pain



## Workshop Details

- Workshops are offered monthly at different times (Morning, Afternoon and Evening opportunities)
- 6 consecutive dates with each 2.5 hour session building upon the session before
- Full participation in the 6 weeks is highly encouraged
- Virtual course conducted via Zoom
- NH residents only at this time

## Contact Us

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## *Are you ready to put life back into your life?*

Chronic pain can be difficult to live with. If you or someone you care for are experiencing chronic pain, this workshop can help!

In this workshop, you will learn ways to manage symptoms and meet health goals. Create a weekly action plan to help you meet your goals so that you can do the things in life YOU want to do!

Gain the confidence and real-life skills needed for living a full, active and fulfilling life with chronic pain.

## In this workshop, participants will:

- Discover problem-solving strategies to deal with fatigue, pain, frustration, isolation and poor sleep
- Uncover physical activities for maintaining and improving strength, flexibility, endurance
- Learn how to pace activity and when to rest
- Discover the importance of good nutrition in pain management
- Improve communication with your family, friends and health professionals
- Understand appropriate use of medications and how to evaluate new treatments
- Benefit from the support and encouragement from others also living with chronic pain

## Learn More

[extension.unh.edu/tags/chronic-disease-self-management](https://extension.unh.edu/tags/chronic-disease-self-management)



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