



## Chronic Pain Self-Management Workshop

This is a 7-week program with the first week to cover virtual usage and issues  
**Better Manager Your Pain**

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THURSDAYS: September 17 - October 29, 2020  
10:00 am- 12:00 pm

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**For registration, please contact Lois McCutcheon. Send an email to:  
lmcutcheon@oste.wvsom.edu asking to be enrolled into this class.**

### **Workshop Activities include:**

- Stress management skills
- "Moving Easy" exercises
- How to make daily tasks easier
- Tips to improve sleep
- Proper nutrition and exercise
- How to evaluate new treatments
- Relaxation exercises
- Better breathing
- Working with your health care team

### **Plus... You'll learn Practical Life Skills:**

- Goal Setting/Action Planning
- Problem Solving
- Decision making

For further information or assistance contact  
Barbara Holt 304.834.2123, bholt@oste.wvsom.edu

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