



MILWAUKEE COUNTY
Department on Aging

For more information contact:

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For a schedule of workshops in
Milwaukee County visit the
Department on Aging's website:

county.milwaukee.gov/aging



Wisconsin Institute
for Healthy Aging

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Madison, WI 53714

(608) 243-5690 | info@wihealthyaging.org

Learn more about this and other
healthy aging programs by visiting
wihealthyaging.org

Healthy Living

with Chronic Pain



**Fibromyalgia. Arthritis.
Knee pain from that old
football injury.**

No matter the cause, Healthy Living with
Chronic Pain can help you manage your
pain and live a healthier life!



Find a Healthy Living with Chronic Pain workshop near you. Visit wihealthyaging.org and click on **Find a Workshop**.



What is Healthy Living with Chronic Pain?

Healthy Living with Chronic Pain is a six-week (once-a-week) workshop for adults who have – or are living with someone who has – on-going pain.

This program **does not replace existing treatments**, but serves to complement your medical treatment plan. **It is not intended to be a solution for addiction to pain medication.**

Led by trained leaders in a small group setting, the program focuses on helping you feel better, have more control, and do the things you want to do. Each week features various topics focused on your mental, physical and emotional well-being. Learn, share your experiences, practice new skills and help others in the process.

Six weeks. 15 hours.

A lifetime of new options for managing your pain!

Managing your chronic pain starts with believing you can! **Healthy Living with Chronic Pain** workshops help you set goals and put problem-solving skills to work to help you take control of your pain.

Join a Healthy Living with Chronic Pain workshop and experience:

- ◆ Decreased pain
- ◆ Improved mental health
- ◆ Improved energy
- ◆ More involvement in daily activities
- ◆ Better understanding of and coping with pain
- ◆ Better health and increased confidence in your ability to manage your pain
- ◆ Improved quality of life

Build self-confidence in your ability to manage your pain.

Healthy Living with Chronic Pain teaches you:

- Strategies for understanding and managing pain
- Short-term goal setting
- Gentle movement and stretching exercises
- Relaxation techniques
- Planning for the future
- Partnering with your health care provider
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team



Getting a handle on my pain isn't as impossible as I thought it was. I learned to take things one step at a time and see what worked for me.