

CHRONIC PAIN SELF-MANAGEMENT PROGRAM



6 Week Series

Developed by Stanford University to address challenges of living with chronic pain. Participants learn techniques for managing frustration, fatigue, isolation, and poor sleep; exercises for improving strength, flexibility, and endurance; appropriate use of medications, how to communicate effectively with loved ones and health professionals, implementing proper nutrition, pacing activities and rest; and how to evaluate new treatments.

June 11th - July 16th
Mondays
1:30 pm - 4:00 pm

Camarillo Health Care District
3639 E Las Posas Rd.,
Bldg. E, Suite 117
Camarillo, CA 93010

No Charge

Register (805) 388-1952 x100



Brought to you locally by the Ventura County Evidence-Based Health Promotion Coalition

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