



LIVING WELL WITH CHRONIC PAIN

This program is designed for people who experience chronic pain, and their caregivers. Participants can learn new ways to live a better life, including:

- Strategies for dealing with symptoms
- Techniques to cope with frustration, fatigue, isolation, and poor sleep
- Communicating effectively with family, friends, and health professionals

**Call OWN at
(833) 673-9355
to learn more.**

This program is available in English and Spanish.



**Learn ways to
balance activity
and rest for a
richer life**



**Discover ways
to exercise
safely and at
your level**



**Find new ways to
enhance eating
habits for a more
nutritious diet**



**Learn to make
decisions about
treatments and
therapies**



**Learn about using
medications
correctly and as
prescribed**



**Get tips to work
more effectively
with healthcare
providers**

