

## CHRONIC PAIN PATH (PERSONAL ACTION TOWARD HEALTH)



**Chronic Pain PATH** is a complimentary six-week workshop designed for adults living with chronic pain. Chronic pain is defined as pain lasting longer than three to six months or longer than the normal healing time of an injury.

This self management program was developed and rigorously tested by Stanford University to help participants learn techniques and strategies for day to day management of pain. PATH emphasizes creating personal action plans, setting achievable goals, problem solving and decision making.

Topics discussed during this educational series include:

- medications and evaluating treatments
- physical activity and exercise
- communication skills and working with your health care provider
- the mind-body connection
- good sleep and relaxation
- emotions and depression
- fatigue management

**Studies indicate** that, on average, program participants have more energy, less pain, less dependence on others, improved mental health, are more involved in everyday activities and are more satisfied with their lives compared to those who have not taken the program. Chronic Pain PATH virtual sessions allow you to participate online, from the safety and convenience of your own home.

### SIX-WEEK VIRTUAL WORKSHOPS AVAILABLE

DAY	SIX-WEEK COURSE	TIME
Tuesdays	<b>Jan. 26:</b> Informational session ( <i>strongly encouraged</i> ) Weekly sessions: <b>Feb. 2, 9, 16, 23; March 2, 9</b>	1–3 p.m.
Mondays	<b>Feb. 22:</b> Informational session ( <i>strongly encouraged</i> ) Weekly sessions: <b>March 1, 8, 15, 22, 29; April 5</b>	6–8 p.m.
Thursdays	<b>March 25:</b> Informational session ( <i>strongly encouraged</i> ) Weekly sessions: <b>April 1, 8, 15, 22, 29; May 6</b>	10 a.m. to noon
Tuesdays	<b>April 20:</b> Informational session ( <i>strongly encouraged</i> ) Weekly sessions: <b>April 27; May 4, 11, 18, 25; June 1</b>	6–8 p.m.
Mondays	<b>May 24:</b> Informational session ( <i>strongly encouraged</i> ) Weekly sessions: <b>June 7, 14, 21, 28; July 5, 12</b>	1–3 p.m.



TO REGISTER FOR ONE OF THESE VIRTUAL WORKSHOPS  
CALL **800-633-7377** OR VISIT **CLASSES.BEAUMONT.ORG**