

Pain Self-Management Workshop



Shasta Community Health

1035 Placer St.
Redding, CA 96001

Also available in
Anderson & Shasta Lake City

Who should attend?*

- Adults age 18 and over that suffer from chronic pain.
- Anyone interested in improving their quality of life by learning skills to manage their pain.

**Must have clinician referral.*

When are the workshops?

Workshops start several times throughout the year. Each workshop is 2.5 hrs/week for 6 weeks.

How much do they cost?

Nothing, all workshops are

FREE!

We will talk about:

- Tips to deal with problems such as frustration, fatigue, isolation, and poor sleep
- Ideas for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Pacing activities and rest
- How to evaluate new treatments

\$20
Gift Card!
Call for details.



Sign-Up Using Your
Mobile Device



Patient Education Team:

(530) 229-5115
www.shastahealth.org