

# 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 3-6 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:

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

**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
Thursdays	<b>August 20:</b> Informational session ( <i>strongly encouraged</i> ) Weekly sessions: <b>August 27, Sept. 3, 10, 17, 24; Oct. 1</b>	10 a.m. to noon
Mondays	<b>October 5:</b> Informational session ( <i>strongly encouraged</i> ) Weekly sessions: <b>October 12, 19, 26; Nov. 2, 9, 16</b>	6–8 p.m.



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