



ATTENTION VETERANS!

Join fellow Veterans and Family Members. All are Welcome!

Chronic Pain Self- Management Program- Online Workshop

The Chronic Pain Self-Management Program is an evidence-based workshop running six weeks for 2½ hours per week. The program has been proven to:

- Improve energy and mental health
- Decrease pain levels and dependence on others
- Increase involvement in everyday activities
- Improve overall life satisfaction

Who should consider taking the Chronic Pain Self-Management Program?

People who have a primary or secondary diagnosis of chronic pain, and would like to improve their condition.

Dates: Wednesdays, January 19, 26; February 2, 9, 16, 23, 2022

Time: 1:00 pm- 3:30 pm

Once registered you will receive an invitation to Zoom online workshops.

Registration Required: Call Michelle Grevelding at (315) 425-4400, ext 53839

Or [CLICK HERE](#) for online registration link.

The Chronic PAIN Self-Management Program (CPSMP) is a six-session, peer-led health program for adults 18+ years of age. This program enhances a person's ability to manage his/her health, chronic pain and maintain an active and fulfilling lifestyle.

All class participants receive a book and CD.



Administration for Community Living
NYS Office for the Aging
Onondaga County Office for Aging

