

Challenging Pain Program

Learn skills and techniques to manage your chronic pain and regain control of your life

- * **Relaxation** * **Breathing techniques** * **Benefits of exercise**
- * **How to get the best care and support from your health specialist** * **and much more**

*Challenging Pain is a short course delivered in
 2 x 3 hour sessions, a week apart*

Week One	Week Two
<ul style="list-style-type: none"> • What is pain? • Know your pain • Why challenge pain? • Conscious breathing • Why exercise? • Setting personal goals • Managing stress • Relaxation exercises 	<ul style="list-style-type: none"> • Feedback from goal setting • Diversion techniques and pacing • Managing negative thoughts • Can clear communication help? • Review of pain techniques • Information and sharing resources • Can other therapies help? • Medication

DATE: Wednesday 28 September & 5 October 2011

TIME: 1:00 to 4:00pm

COST: Members \$15.00 - Non Members \$25.00

VENUE: Ground Floor Conference Room

27 Mulley Street Holder

Disabled Parking Available

BOOKINGS ESSENTIAL -
Phone: 1800 011 041



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