Join our team of volunteer leaders from across Saskatchewan

Register for the next four-day Leader Training Series in your community and become a volunteer leader.

Training offered on a regular basis.

You Are Not Alone!

Are you interested in taking the workshop or becoming a Volunteer Leader?

In Regina and Area,
Please Call:
306-766-7370
healthpromotionrqhr@rqhealth.ca
www.rqhealth.ca/LiveWell

Saskatchewan Health Authority
saskhealthauthority.ca
The Program is . . .

For adults of any age who have chronic pain such as: musculoskeletal pain, fibromyalgia, whiplash injury, chronic regional pain syndrome, repetitive strain injury, chronic pelvic pain, post-surgical pain lasting longer than 6 months, neuropathic pain, neuralgias, post stroke or central pain, persistent headache, Crohn’s disease, irritable bowel syndrome, and severe muscular pain due to conditions such as multiple sclerosis.

An interactive workshop covering a range of strategies and tools to help you manage your pain and get on with living a fulfilling life.

Given in groups of 10 - 16 people who meet for 2.5 hours a week for 6 consecutive weeks.

Offered throughout Saskatchewan at NO COST.

Pain & Symptom Cycle

Testimonials

“It gave me some very practical approaches to getting things done and I am now able to get more done in a day without getting tired.”

“The program has helped me greatly; every day I still do the moving easy program we learned and I pace myself now. I really enjoyed it.”

“Action plans - I really enjoy this part. It gives us more power to set a goal we can complete. I use this daily.”

Free 6 Session Workshop for Adults with Any Kind of Ongoing Pain
Family Members and Friends Welcome

Free resource books provided