

**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?**

**Please Call:
306-766-7200**

healthpromotionrghr@rqhealth.ca

www.rqhealth.ca/LiveWell



saskhealthauthority.ca

Live Well
with Chronic Pain



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.

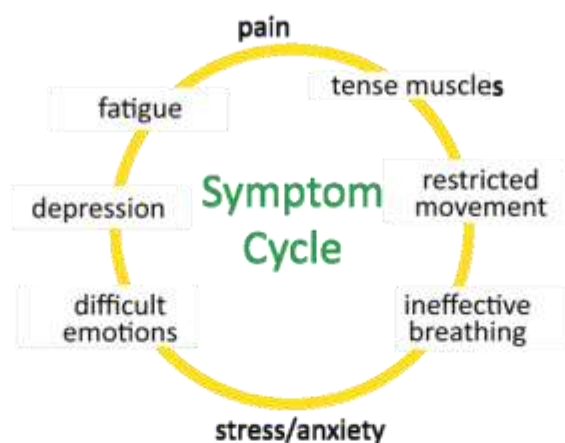
An interactive workshop covering a range of strategies and tools to help you manage your pain and get on with living a fulfilling life.

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.

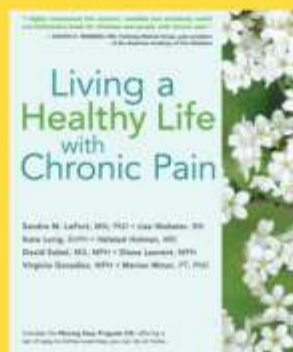


Pain & Symptom Cycle



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

*Free
resource
books
provided*



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."

