



## FREE Virtual 6 -Week Chronic Pain Self-Management Workshop

**Do you have a chronic pain condition, such as back pain, arthritis, headaches ?**

This evidence-based Chronic Pain Self-Management Zoom Workshop is designed to help individuals living with chronic pain build confidence in their ability to learn techniques to manage their health and maintain a fulfilling life. Highly participatory mutually supportive small group format. *Living a Healthy Life with Chronic Pain* book included.

**2.5 Hours Fridays August 29, 2025 -October 3, 2025 10:00am-12:30pm**

### Topics Include

- Appropriate exercise for maintaining and improving strength and endurance
- Balancing activity with rest
- Tools for overcoming worst-case thinking
- How our minds affect pain and how we can use our minds to lessen pain
- Negative emotions
- Healthy eating
- Appropriate use of medication
- Working more effectively with health care providers and health care system
- Communicating with oneself, friends and family
- Action-planning, problem-solving, decision-making

### **SPACE IS LIMITED PRE-REGISTRATION REQUIRED**

**Prince William, Manassas, & Manassas Park  
Residents**

**Contact**

**Kathleen Wiley - Program Coordinator**

**571-241-3925**

**[kwiley@pwcgov.org](mailto:kwiley@pwcgov.org)**

**Fauquier, Madison, Rappahannock,  
Culpeper & Orange Residents**

**Contact**

**[bvermillion@ecsva.org](mailto:bvermillion@ecsva.org) or**

**540-547-4824**