

Workshop Information

WHEN:

Fridays, March 8th
through April 12th
1:00pm-3:30pm

WHERE:

Howard County
East Columbia
Library

6600 Cradlerock
Way, Columbia
MD 21045

For additional
information or to
register contact:

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When you have chronic pain, every day can be a challenge.

*Gain confidence, motivation and tools to manage
the challenges of living with chronic pain.*

Living Well with Chronic Pain empowers people living with chronic pain to manage their symptoms through peer sharing, development of self-management programs and the creation of weekly action plans.

Topics include:

- Communicating with doctors and family
- How to evaluate new treatments
- Appropriate use of medications
- Mind-body connections
- Benefits of physical activity

The workshops meet for 2.5 hours, once a week,
for six weeks.

In partnership with:



Howard County Office on
Aging and Independence
Department of Community Resources and Services



MARYLAND
Living Well
CENTER of EXCELLENCE