



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

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

Contact

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