

Live a Healthy Life with Chronic Pain



The Chronic Pain Self-Management Program is **free** for 60 or older individuals who:

- ✓ Experience chronic pain.
- ✓ Want to build confidence in chronic pain management abilities.
- ✓ Want to improve overall health.

Trained RSVP volunteers offer a 2.5 hour video conference workshop once a week for six weeks. The program includes:

- Living a Healthy Life with Chronic Pain - for discussion reference.
- Moving Easy CD for exercise.

You will learn:

- Skills to help maintain a wellness focus and improve quality of life.
- Techniques to deal with frustration, fatigue, isolation and poor sleep.
- Strategies for maintaining and improving strength, flexibility and endurance.
- Appropriate use of medications.
- Healthy eating.

To register:

(609) 894-7229 or Email: rsvp@rcbc.edu

Living a Healthy Life with Chronic Pain- an evidence-based program originally developed by Stanford University

RSVP- a national service organization of the Corporation for National and Community Service and sponsored by Rowan College at Burlington County

rcbc.edu/rsvp

NJ Addictions Hotline: 1 (800) 238-2333

Online for
spring & summer of 2020!
Chronic Pain Self-Management
Program video conference

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