

# Challenging Pain Workshop

*Are you living with long-term pain?*

*The Challenging Pain Workshop aims to provide you with easy skills and techniques to manage your pain more effectively.*

Week One	Week Two
<ul style="list-style-type: none"> <li>• What is pain?</li> <li>• Know your pain</li> <li>• Why challenge pain?</li> <li>• Conscious breathing</li> <li>• Why exercise?</li> <li>• Setting personal goals</li> <li>• Managing stress</li> <li>• Relaxation exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Feedback from goal setting</li> <li>• Diversion techniques and pacing</li> <li>• Managing negative thoughts</li> <li>• Can clear communication help?</li> <li>• Review of pain techniques</li> <li>• Information and sharing resources</li> <li>• Can other therapies help?</li> <li>• Medication</li> </ul>

**DATE:** Week One – Tuesday September 7<sup>th</sup>  
 Week Two – Tuesday September 14<sup>th</sup>

**TIME:** 1:00pm until 3:30pm

**COST:** FREE for Arthritis SA members. \$25 non members.

**VENUE:** Education Centre, Modbury Public Hospital, Smart Road

**PARKING:** Modbury Hospital car park

For more information contact Arthritis SA on 1800 011 041

**BOOKINGS ESSENTIAL**

PLEASE NOTE THERE IS DISABLED ACCESS

.....www.arthritis.org.au.....

**APPLICATION FORM FOR CHALLENGING PAIN WORKSHOP**

Name: (please print) \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Telephone: (h) \_\_\_\_\_ (w) \_\_\_\_\_ (m) \_\_\_\_\_

Arthritis SA Membership Number: \_\_\_\_\_ Email: \_\_\_\_\_

Age:  Under 25 years  26-40 years  41-60 years  60-75  Over 75 yrs

Cause of pain: \_\_\_\_\_

**PAYMENT**

A fee of \$25 for the Challenging Pain Workshop (cheque/money order/credit card) is enclosed

[Please make cheques payable to: Arthritis Foundation of SA]

Type of Credit Card: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Expiry Date: \_\_\_\_\_ Amount \_\_\_\_\_

Name as appears on card: \_\_\_\_\_

Please send your completed application, along with payment if applicable, to **Arthritis SA, 118 Richmond Road Marleston SA 5033**

