

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

Learn skills and techniques to manage your chronic pain and regain control of your life

- * Relaxation * Breathing techniques * Benefits of exercise
- * How to get the best care and support from you health specialist * and much more

Locations and Dates 2011

Marleston – Arthritis Foundation of SA

Course 1: Thursday 12th May & Thursday 19th May – 1:00 till 3:30pm

Course 2: Tuesday 19th July & Tuesday 26th July – 1:00 till 3:30pm

Course 3: Tuesday September 27th & Tuesday October 4th – 1:00 – 3:30pm

Aldinga Beach – GP Plus Pridham Blvd, Aldinga Beach

Course 1: Friday 8th April & Friday 14th April – 9:30 till 12:00pm

Please note: Courses can be run on demand and the above dates and times are subject to change with minimal or no notice. If you would like a course in your area please contact David Jones and register your contact details with us.

Please phone 1800 011 041 for the most up to date information.