

Living Well with Chronic Pain Begins June 4 in Brigham City | CPD Blog

JoLynne Lyon

05/11/2018



People living with chronic pain in the Brigham City area will soon have a free option to learn more about managing their condition. A workshop begins June 4 that helps participants reduce their pain, increase confidence in managing it, decrease emergency room visits and hospitalizations, and increase their quality of life.

Living Well with Chronic Pain is a six-session, evidence-based workshop that teaches management of pain and fatigue, problem-solving, dealing with difficult emotions, effective decision making, communicating with your health care provider, healthy eating and physical activity. The workshop is free, but registration is required.

Living Well with Chronic Pain is part of a suite of chronic disease self-management education programs. They are offered through community partnerships, including the Center for Persons with Disabilities at Utah State University and the Utah Department of Health.

The two-and-a-half-hour sessions meet at the Utah State University in Brigham City.

To register, call Deanna at (435) 723-2171.