



Chronic Disease & Chronic Pain PATH Telephone Toolkits

A Self-Management Resource Center Program

CHRONIC PAIN PATH TOOLKIT

Tuesdays

Jan 23-Feb 27, 2024

11:00 am-12:00 pm ET

Register: [click here](#)

Mondays

March 4-April 8, 2024

9:00-10:00 am ET

Register: [click here](#)

CHRONIC DISEASE PATH TOOLKIT

Tuesdays

February 6-March 19, 2024

11:00 am-12:00 pm ET

Register: [click here](#)

Wednesdays

Feb 28-Apr 3, 2024

1:00-2:00 pm ET

Register: [click here](#)

This program is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



Photo by Pixabay

WHO SHOULD ATTEND:

Adults who want to learn techniques to deal with the symptoms of their chronic condition and/or chronic pain. Family members and caregivers are encouraged to attend. A telephone is the only equipment needed.

DESCRIPTION:

The Telephone Workshops meet 1 hour for six-weeks over the telephone. Participants learn strategies to help:

- Deal with difficult emotions
- Develop a healthy eating and exercise plan
- Manage symptoms using relaxation and distraction
- Set goals
- Problem solve
- Learn a variety of other tools to manage chronic conditions and/or chronic pain

REGISTER:

Click a registration link or contact Christi Demitz at 231-592-9498.

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