

Chronic Pain Self-Management Program

This program is supported by the Wellness Neighborhood and offered at no cost



**Call Now for
Schedule &
To Sign Up**



Join us for 6-weekly classes and learn:

- Skills to help you maintain a wellness focus and improve your 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
- Decision making and problem solving

For adults experiencing pain from a variety of causes, such as:

Neck, shoulder, back pain, etc

Pelvic pain

Post-surgical pain that lasts beyond 6 months

Nerve pain

Persistent headache

Inflammatory Bowel Disease

Multiple Sclerosis

Any general chronic pain

Participants in this worldwide, evidence-based Stanford program are better able to manage their symptoms and have improved quality of life.

For more information or to register,
please call (530) 587-3769
or email wellness@tfhd.com

Follow Tahoe Forest Health System!



**TAHOE FOREST
CENTER FOR HEALTH**

Sponsored by Wellness Neighborhood, a Proud Supporter of Community Health

10710 Donner Pass Road | Truckee, CA 96161