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Chronic Pain Self Management Workshop

Date and Time

Tuesday 3/5/2019 12:00 to 2:30pm

Event URL

<https://www.thecentercville.org>

Event Region

Charlottesville Area

Event Type

Class

RSVP Info

434.974.7756

Event Cost

\$0.00

Event Description

This evidence-based workshop has been proven to decrease pain levels and dependence on others, increase involvement in everyday activities, and improve overall life satisfaction. People who have a primary or secondary diagnosis of chronic pain and would like to improve their condition are encouraged to participate. Family members and caregivers of those who suffer from chronic pain are also welcome. Space is limited; please register online or by calling The Center Welcome Desk at 434.974.7756. This program is a partnership with JABA and Live Well, Virginia! Free and open to the community.