

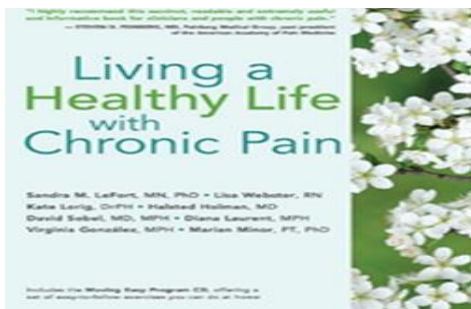
Living Well

**With
Pain**

A programme for adults with long-term health conditions
Your toolkit for better health

Are you living with Chronic Pain?

Examples include (but are not limited to) Diabetes, Heart Conditions, Stroke, COPD, Asthma, Crohn's disease, Neuropathic pain, Migraine, Kidney Disease, Multiple Sclerosis, Fibromyalgia, Nerve damage, Rheumatological, Migraine, Back and Musculoskeletal pain.



What is the Living Well with chronic pain programme?

Living Well is a free online group programme, Living Well is a FREE online group programme, delivered over seven workshops (1.5hrs x 1 introduction & 2.5hrs x 6). It is delivered by trained leaders, most of whom are also living with long-term health conditions and/or pain. Living Well can help you develop the skills and confidence to manage your health condition(s). Subjects Taught:

- Techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Nutrition
- Pacing activity and rest
- How to evaluate new treatments and much more

Why join the Living Well with pain programme?

People who are supported in this way increase their knowledge, skills and confidence to better manage their health in partnership with their health care provider.

When:

Starting on Thursday January 14th 10.00am – 12.30pm for 7 Weeks- Places available
Starting on Thursday January 14th 7.00pm - 9.30pm for 7 Weeks - Places available
Starting on Thursday February 25th 10.00am - 12.30pm for 7 weeks - Places available
Starting on Saturday April 17th 10.00am – 12.30pm for 7 weeks – Places available

How: For more information, contact the Living Well Coordinator Leah Harrington:
Mobile: 0873654392 Email: leah.harrington@hse.ie or Visit: www.hse.ie/livingwell



Sláintecare.



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