

# Chronic Pain Management

for you and your support person: family or friend.  
 El Dorado Community Health Center  
 offers **free classes** on chronic pain management.

A family member and/or your support person are strongly encouraged to come with you.

Class	Cameron Park Wednesday 9:30-11:00 am 1:30-3:00 pm	Placerville Thursday 9:30-11:00 am 1:30-3:00 pm
<b>Session 1:</b> Life changes due to pain: Identify physical/biological, psychological & social effects that influence pain. The "Pain Gate" theory. Setting realistic SMART goals.	May 31 July 19 October 11	June 1 July 20 October 12
<b>Session 2:</b> Balancing pain with daily needs; Identifying your values. Dealing with pain triggers and flare-ups. Stretching and Exercises tailored to you. Your family's role.	June 14, August 2 November 1	June 15 August 3 November 2
<b>Session 3:</b> The influences of sleep, diet and personal habits on pain. Sleep disorders. Foods that make pain worse or better. How can improved communication help.	June 28 September 13 November 15	June 29 September 14 November 16
<b>Session 4:</b> Your thoughts affect your response to pain. Managing stress. Addiction concerns. Group support. The next steps...	July 5 September 27 November 29	July 6 September 28 November 30
<b>HOW TO PARTICIPATE</b>	It is easy to Sign-up.	If you miss a session, come to the next one.

1. Call 530-621-7700 and ask to be signed up for the next Pain Management class series (four weeks). You may join in at any time and attend any of the above sessions. (See 4 below)

2. Where? El Dorado Community Health Center at two of our sites: (map on the reverse side)

Cameron Park- El Dorado Community Health Center 3100 Ponte Morino Dr. Suite 120 Cameron Park

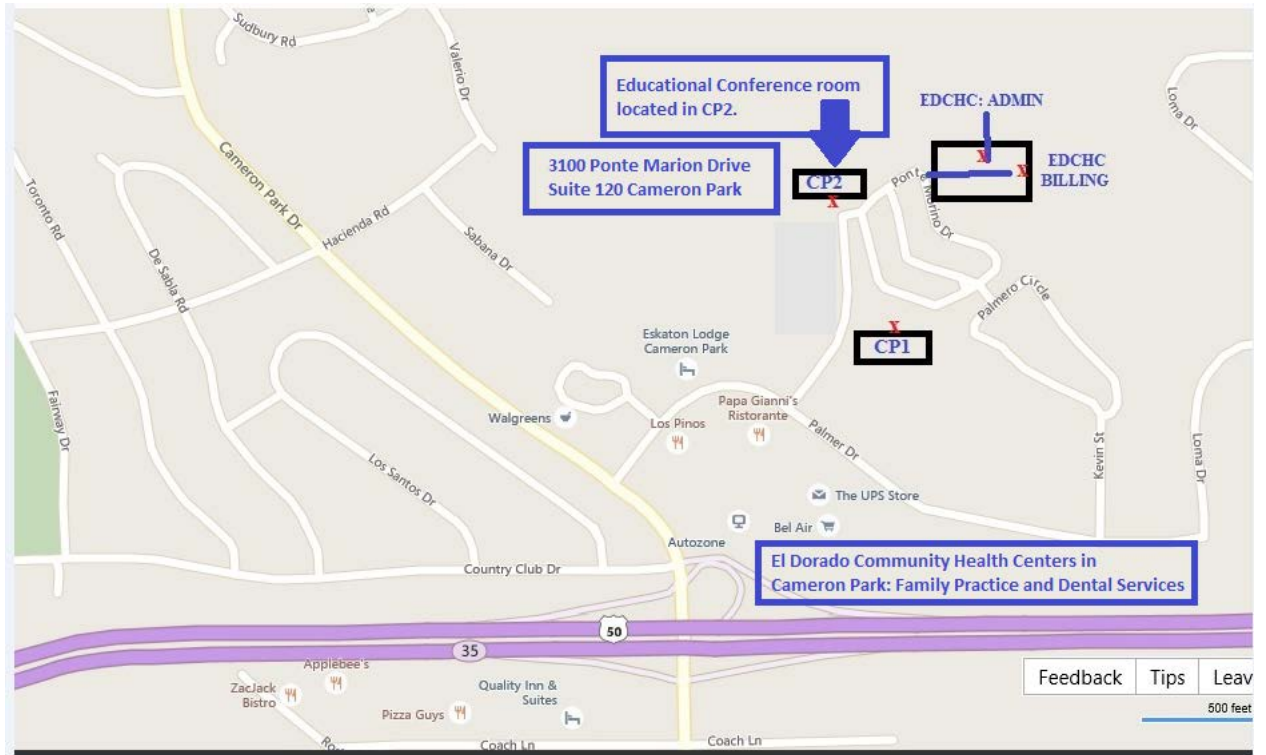
Placerville – El Dorado Community Health Center Administrative 4340-C Golden Ctr Dr. Placerville



3. Please arrive 10 minutes prior to your first class. Learn about new tools to reduce the negative effects of the chronic pain you are experiencing. Sign up for these classes & bring a family member or friend along with you.

4. It is best to start with session 1, however start with any session. KEY: JUST START taking control of your pain. When you complete all 4 sessions, you will receive a gift and certificate.

## MAP to EDCHC ...CAMERON PARK LOCATIONS



## MAP to EDCHC ...PLACERVILLE LOCATIONS

