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PRESS RELEASE

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Free Six-Week Live Well with Chronic Pain One Hour Telephone Workshops with Morning and Evening Class Options: Starts November 1st, 2023

The Naugatuck Valley Health District is now offering an in-home version of the popular Live Well with Chronic Pain workshop for adults coping with chronic pain, to be delivered in the comfort of their home without having to use technology beyond the telephone. This program helps people learn new skills to manage their chronic pain. Once a week for six weeks, a trained Live Well leader will facilitate the one-hour group phone calls to help enhance the experience and to alleviate concerns about getting to a workshop site. Participants will learn about chronic pain, fatigue management, medication management, healthy eating and exercise for pain, and tips for dealing with stress related to painful conditions. Participants will receive a toolkit at no cost consisting of the book *Living a Healthy Life with Chronic Pain*, an instruction booklet, and an exercise CD.

There will be two programs, a morning option from 10:00am to 11:00am or an evening option, from 6:00pm to 7:00pm. Class size is limited to six participants, and pre-registration is required. Participants must be willing to share their name, address and phone number so the toolkit can be delivered directly to their homes and the leader can place the weekly group call. The new groups will start on Wednesday's, beginning November 1st, participants are able to choose either the morning or evening session but will stay in that session for the duration of the program. Both sessions will end on December 6th, 2023. To sign up, contact Lisa Trupp at 203-881-3255 ext.108 or ltrupp@nvhd.org.

Live Well is sponsored by The Western Connecticut Area Agency on Aging, State Unit on Aging and Connecticut Department of Public Health through grants from the Administration on Aging. Generous support is also provided by a grant from the Valley Community Foundation. Live Well with Chronic Pain is an evidence-based self-management program developed at Stanford University.

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