

Better Choices Better Health



Chronic Pain Self-Management Program Crossover Training

Thursday, March 9 and Tuesday March 14, 2023
12:00-4:00pm

Remote via Zoom

A Zoom link will be sent prior to the training.

Leaders who have previously been trained in CDSMP and are currently active are eligible to participate in this virtual crossover leader training to offer the Chronic Pain Self-Management Program (CPSMP).

Chronic Pain Crossover Training:

Help people with chronic pain live healthier lives.

Volunteers needed to lead CPSMP workshops.

Learn and teach:

- Weekly goal setting
- Adding exercise to your life
- Pacing and planning your day
- Appropriate medication use
- Communication skills

Registration

To register, please [click here](#).

There is no cost to attend this training.