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Chronic Pain Self-Management Workshops
Learn how to better manage your chronic pain

(Fort Myers, Fla. – Jan. 4, 2019) --- Would you like to learn how to better manage chronic pain conditions such as arthritis, fibromyalgia, back pain, headaches and more?

Lee Health is pleased to announce a free six-week workshop, entitled “Chronic Pain Self-Management” – a research-based program developed by Stanford University.

Information presented in the workshop can help you become empowered to improve your quality of life. Learn how to more easily manage your medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to health eating. Participants will also receive a copy of the book “Living a Healthy Life with Chronic Pain”.

The session will be held on:

Wednesdays beginning Jan. 23 from 9:30-12 p.m. at Beacon of Hope, 5090 Doug Taylor Circle, St. James City

Seating is limited and registration is required. Please call 239-343-9264 for more information.

About Lee Health

Since the opening of the first hospital in 1916, Lee Health has been a health care leader in Southwest Florida, constantly evolving to meet the needs of the community. A non-profit, integrated health care services organization, Lee Health is committed to the well-being of every individual served, focused on healthy living and maintaining good health. Staffed by caring people, inspiring health, services are conveniently located throughout the community in four acute care hospitals, two specialty hospitals, outpatient centers, walk-in medical centers, primary care and specialty physician practices and other services across the continuum of care. Learn more at www.LeeHealth.org.