

Better Choices Better Health



Chronic Pain Self-Management Program Crossover Training

Tuesday, April 7 & Wednesday, April 8, 2020-9:00am-4:30pm

Foundation for Healthy Communities
Conference Room 2
125 Airport Road
Concord, NH 03301

Leaders who have previously been trained in CDSMP and are currently active are eligible to participate in this 2-day 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. Lunch is on your own