



ONLINE CHRONIC PAIN PATH SERIES

DATES: March 6, 13, 20,
27, April 3 & 10

DAY/TIME: Mondays
3:30-5:30 PM ET

LOCATION: Online

Zoom Meetings

Participants should plan to attend all sessions to the best of their ability & must be able to fully participate with video and audio features.

COST: FREE

TO REGISTER:

[https://events.anr.msu.edu/
CPPATHMAR23/](https://events.anr.msu.edu/CPPATHMAR23/)



CONTACT:

Naomi Hyso

Email: hysonaom@msu.edu



Chronic Pain PATH is a **FREE 6-week workshop** that takes place online. Participants meet virtually for 2 hours each week. You'll take part in discussing diverse issues affecting pain self-management and have the opportunity to try supportive techniques for improving your pain management. Open to adult residents of Michigan— a spouse or family caregiver may attend as well.

You will learn tools to:

- Work with health care providers
- Manage symptoms such as pain, fatigue, difficult emotions, sleep problems, depression
- Make lifestyle changes such as healthy eating and physical activity
- Set goals and accomplish them

Technology Requirements: Internet or data connection

Device with a camera and audio

MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.