



# Do you struggle with chronic pain?

## **Learn new ways to manage your pain: Sign up for the EOCCO Pain School online**

If you feel like pain has sucked the energy out of your life, you're not alone. Many people who live with persistent pain feel stuck, isolated and without hope.

But you don't have to remain powerless. Learn how to have more control over pain, experience more energy and move forward with your life.

The EOCCO Pain School is a series of four weekly classes on Zoom, an online tele-conferencing service. They are based on the latest research about how to relieve chronic pain.

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You can get this document in another language, large print, or another way that's best for you. Call 1-888-788-9821, TTY 711.

Usted puede recibir este documento en otro idioma, impreso en letra más grande o de cualquier otra manera que sea mejor para usted. Llame al número gratuito 1-888-788-9821. Los usuarios del servicio TTY pueden llamar al 711.

## You'll learn things like:

- Why pain becomes chronic — and what you can do about it
- Personal triggers that increase pain and how to overcome them
- Non-drug therapies that reduce pain
- How to reduce stress, anxiety and depression
- How to set goals to help measure your progress
- Gentle movement exercises you can do to build strength and resilience
- How to get back to doing what you love and value in life

This program is available free of charge to EOCCO members. For a list of class dates and to sign up, please visit [www.painschool.co/register](http://www.painschool.co/register). If you need help registering please call **888-788-9821**.