



NEWS RELEASE



| | |
|---|--|
| FOR IMMEDIATE RELEASE DATE: October 23, 2018 | Contact: Tracy Styka |
| | Title: Community Health Education Specialist |
| | Phone: 330-270-2855 ext. 109 |
| | Email: tstyka@mahoninghealth.org |

Mahoning County District Board of Health is offering the Chronic Pain Self-Management Program

The Mahoning County District Board of Health is offering the Chronic Pain Self-Management Program (CDSMP) beginning Thursday, November 1, 2018. The program consists of 6 weekly sessions ending on Thursday, December 13, with a mid-point break for Thanksgiving. The program will be held at the Mahoning County District Board of Health in Austintown from 5:30 PM to 7:30 PM

CDSMP is an educational series designed to help individuals age 60 and over with learning proven strategies to manage chronic pain and feel better. Chronic pain is any pain that lasts for more than three months. Chronic pain can have a profound negative effect on a person's well-being and quality of life leading to depression, exhaustion, and isolation.

The program was developed with Stanford University and has been evaluated in clinical trials. People who participate in the program generally report more energy, less pain, and improved mental health. They are also less dependent on others, more involved in everyday activities, and are more satisfied with their lives.

The program is not a substitute for medical treatment, but can give participants tools and ideas to improve or complement treatments and other efforts to manage pain. Participants will receive a free book, "*Living a Healthy Life with Chronic Pain*," The program will give participants the tools surrounding a number of topics, such as:

- Setting and achieving personal goals
- Strategies to deal with pain, stress, fatigue and depression
- Using physical ability to improve strength and flexibility
- Using medications safely and effectively
- Relaxation
- Communicating with your doctor and family about pain

For more information or to register for this free program, please call 330-270-2855 ext. 109.

###



50 Westchester Drive, Youngstown, Ohio 44515
Phone: 330-270-2855 or Toll-Free: 1-800-873-MCHD
www.mahoninghealth.org

