



PRESS RELEASE

101 E. Kansas St. • Liberty, Mo. 64068 • T: 816.439.4415 • F: 816.439.4419 • W: www.libertymissouri.gov

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CONTACT: Victoria Jackson, Liberty Parks & Rec Health & Wellness Coordinator, 816.439.4376 or vjackson@libertymo.gov

Liberty Parks & Rec Hosts Free Chronic Pain Self-Management Program

LIBERTY Mo. – The Liberty Parks & Rec Health & Wellness Division will host a FREE Chronic Pain Self- Management workshop on Thursdays, March 12 – April 16, from 6 - 8:30 p.m. at the Liberty Community Center.

Chronic pain is a daily challenge that can be caused by a variety of conditions. This interactive, evidence-based program is designed to help those suffering with chronic pain manage their health and maintain active, fulfilling lives by providing self-management tools and techniques and identifying which ones will work best for each individual.

The six-week workshop focuses on helping adults manage their chronic pain through goal setting, appropriate use of medication, techniques to help with healthy eating, physical activity, combatting fatigue and isolation, and how to communicate with health care providers, family and friends.

More information about this Chronic Pain Self-Management program and other specialty fitness programs hosted by Liberty Parks & Rec is available online » www.libertymissouri.gov/specialtyfitness

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