

Pacing for People with Chronic Pain

What can I expect to learn?

Learn why pacing is an important tool in managing the relationship between energy levels and chronic pain.

This 2-hour class led by Occupational Therapists will cover:

- The relationship between energy levels and chronic pain
- Why pacing is an important tool in managing chronic pain
- Three ways to apply pacing in your daily activities
- Ways to avoid flare-ups and developing a flare-up plan

How many classes are there?

Two classes for 1 hour and 15 minutes each

How is this class being offered?

Over Zoom

Who can register for this class?

Adults who are living in Alberta and will be in Alberta during the class

How can I register for this class?

For information about when this class is being offered or to register, you can:

- Scan the QR code;
- [Register online](#);
- Use our [Class Schedule Guide](#) or [Class Description Handbook](#); or
- Phone us at 1-844-527-1160

To receive updates about upcoming programs and services offered by the Alberta Healthy Living Program- Calgary Zone, [join our e-mail distribution list](#).

