

## Live Well, Virginia!, Chronic Pain Self-Management Program, Smyth

Age Requirements

60+

Family

No

Intake Contact

Debbie Spencer

Intake Contact Email

[dspencer@district-three.org](mailto:dspencer@district-three.org)

Intake Process

Please contact the office.

Intake Contact Telephone

(276) 783-8157

District Three Governmental Cooperative

<https://www.district-three.org>

<https://district-three.org/index.php/senior-services/>

<https://www.facebook.com/District-Three-Governmental-Cooperative-22717093433921...>

<https://twitter.com/DistrictThreeVA>

Main

(276) 783-8157

Toll-Free

(800) 541-0933

4453 Lee Highway

24354 VA

United States

Fee Structure

No Fee

The Chronic Pain Self-Management Program (CPSMP) is a six-week, 2.5-hour workshop designed to support and empower people who live with chronic pain.

Classes are highly participatory and mutual support and success builds participants' confidence in their ability to manage their health and maintain active and fulfilling lives. Some of the topics covered include:

- Techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance

Service Area(s)

Bland County

,

Bristol City

,

Carroll County

,

Galax City

,

Grayson County

,

Smyth County

,

Washington County

,

Wythe County

Email

[info@district-three.org](mailto:info@district-three.org)