



# MAHONING COUNTY PUBLIC HEALTH

PREVENT · PROMOTE · PROTECT

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<b>FOR IMMEDIATE RELEASE DATE: August 21, 2019</b>	Contact: Tracy Styka
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## Mahoning County Public Health to Offer Free, Chronic Pain Self-Management Program

(August 21, 2019) Austintown, OH – Mahoning County Public Health is offering a free, Chronic Pain Self-Management Program (CPSMP) beginning Wednesday, September 4 at Mauthe Park (156 Smithfield Street, Struthers, Ohio) from 5:30 to 7:30 p.m. The course consists of six, weekly sessions ending Wednesday, October 9.

CPSMP is an educational program, developed by Stanford University, that helps individuals age 60 and over learn proven strategies to manage chronic pain and feel better. Past program participants reported having more energy, less pain and overall improved mental health. They are also less dependent on others, able to participate in everyday activities and more satisfied with their lives.

Participants will receive a free book, *“Living a Healthy Life with Chronic Pain.”* The program also provides tools and ideas to complement medical treatments and other efforts to manage pain. Some of those tools include:

- Setting and achieving personal goals
- Strategies to deal with pain, stress, fatigue and depression
- Using physical ability to improve strength and flexibility
- Utilizing medications in a safe and effective manner
- Relaxation
- Communicating with your doctor and family about pain

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

### ABOUT MAHONING COUNTY PUBLIC HEALTH

Mahoning County Public Health works to protect the public’s health and to ensure conditions in which all people can live healthy lives. Mahoning County Public Health offers a variety of services from immunizations to environmental and community health programs. For a complete list of services, visit [mahoninghealth.org](http://mahoninghealth.org).

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