

April



ST ARMANDS KEY LUTHERAN CHURCH

POTTY POST

Chronic Pain

People who successfully manage chronic pain generally:

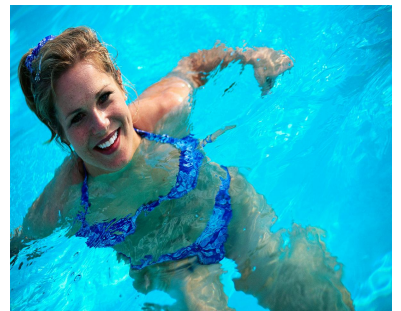
- Accept some pain. Listen to it and pace themselves to reach realistic goals.
- Experiment. Try different medications, doctors, and activities—tweaking, adding and eliminating until they find the right system.
- Have a good mental grasp on the big picture. They understand they will have less pain if they continue to do the right things to maintain health and fitness. They don't let the pain interfere with the goal of having less pain in the future. They practice patience and perseverance.
- Accept that reducing chronic pain is a long term enterprise, not just a short-term exercise plan that they do for a few weeks.
- Keep moving. The body will respond positively to any change that leads to better health. Don't let chronic pain keep you from being active and getting to a healthy weight. It may seem counter-intuitive to keep moving despite the pain, but if you're smart about approaching this challenge, you'll be convinced.

Exercise Classes

Get Fit - Tuesday & Thursday
8:45-9:30am

Theraband - Tuesdays & Thursdays
9:30-10:30 am

Basic Pilates - Tuesday 4-5pm



Any health concerns or questions? Call Tracey Rzepka, Parish Nurse at 388-3764

Do you know someone in the hospital or are you planning to have surgery or hospitalization?