

LIVE ONLINE

FREE  
Workshop

# Chronic Pain Self-Management Program (CPSMP)



Paths to Health **NM**  
Tools for *Healthier* Living

**Feel better! Join, learn and take control.**

Learn new skills during a **FREE** live 6-week workshop using your electronic device and an internet connection.

Come learn how to better manage your chronic pain. Join the **Chronic Pain Self-Management Program (CPSMP)**.

- Build skills that will help you manage your pain and health.
- Family, friends and caregivers are welcome to attend with you for free.

## Workshop Details

**DAY OF WEEK:** Wednesdays

**DATES:** April 8 – May 13, 2026

**TIME:** 1:00 p.m. – 3:30 p.m.

**LOCATION:** Held via Zoom  
Zoom link emailed weekly

**TO REGISTER, CONTACT:** Catherine Offutt, Project Coordinator  
(505) 259 – 0976 or  
[catoff@msn.com](mailto:catoff@msn.com)

[www.pathstohealthnm.org/find-a-class](http://www.pathstohealthnm.org/find-a-class)

**What topics and skills are covered during this workshop?**

- Appropriate use of medication
- Balancing activity with rest
- Improving strength and endurance with Moving Easy Program (MEP)
- Overcoming worst-case thinking
- Learning that our minds affect and can lessen pain
- Managing negative emotions
- Eating healthy
- Working with healthcare providers
- Communicating with self, family, friends and care providers
- Action planning, problem-solving and decision-making



CANCER SUPPORT NOW

*...so that no one faces cancer alone*

