



# Pan Asian Volunteer Health Clinic No Pain Initiative

## Chronic Pain Self-Management Program (CPSMP)

~Living a Healthy Life with Chronic Pain~

### Date:

3/5, 3/12, 3/19,  
3/26, 4/2, 4/9  
(Thursdays, 2020)

### Time:

3pm – 5:30 pm

### Location:

Chinese Culture &  
Community Service  
Center (CCACC)

### Address:

9318 Gaither Rd.  
#215  
Gaithersburg, MD  
20877

Funding Support:



**FREE!**

This is an evidence based self-management program developed by Stanford as a tool to help people with chronic health conditions. Classes are highly participatory. Mutual support in the group builds participants' ability and confidence to manage their chronic pain.

Anyone with chronic pain can participate, with the following requirements:

- Commitment to attend all 6 classes
- Be interactive in class
- Do the homework after each class
- Fill out all the forms for CPSMP and No Pain Initiative project

## Join Us!

Question & Registration:

Please call **240-393-5950**

Web: [www.en.pavhc-dc.org](http://www.en.pavhc-dc.org)

Email: [panasianclinic@ccacc-dc.org](mailto:panasianclinic@ccacc-dc.org)