



CLASS NAME:

Living A Fuller Life Living with Chronic Pain-Virtual

CLASS DAY AND TIME:

Thursday 10:45 am-12:15pm

CLASS SEMESTER: Spring 2026

INSTRUCTOR NAME: Terry Maurer and Mtisunge Lucy Ngwira-brooks

INSTRUCTOR CONTACT INFORMATION:

Angel Garcia Saavedra 702.616.4932 or angel.garciasaaveda@commonspirit.org

Course Overview/Description: 3-5 sentences

Discover ways to manage your chronic pain and live your fullest, healthiest life.

Course Materials:

Each participant will receive a copy of "Living a Healthy Life with Chronic Pain" and class handouts.

Week	Topic	Notes
Week 1 / Feb 2	What is Pain?	The Mind-Body Connection/ Action Planning
Week 2 / Feb 9	Dealing with Difficult Emotions/Fatigue	Relaxation Body Scan / NO CLASS Feb 16
Week 3 / Feb 23	Physical Activity	Moving Easier Exercises
Week 4 / March 2	Making Decisions	Making Decisions Exercise
Week 5 / March 9	Pacing and Planning	Problem Solving Exercise
March 16	Spring Break	NO CLASS
Week 6 / March 23	Healthier Eating with Chronic Pain	Moving Easier Program Practice
Week 7 / March 30	Managing Stress / Positive Thinking	Communication Skills / Guided Imagery Exercise
Week 8 / April 6	Medication Management	Evaluating Treatments
Week 9 / April 13	Working with Your Health Care Team	Optional : Naloxne Training

***content/order/classes/speakers subject to change if needed.**