



CANCER SUPPORT NOW

...so that no one faces cancer alone

8th Annual Living With And Beyond Cancer Conference
Saturday, March 23
Central United Methodist Church, Albuquerque

YOUR PAIN – HOW TO MANAGE IT! (CHRONIC PAIN SELF-MANAGEMENT PROGRAM)

Patricia Torn & Catherine Offutt



The goal of the Chronic Disease Self-Management Education Programs (CDSMEP) is to improve the physical and emotional health of individuals with chronic diseases, and their caregivers and support system, by helping them gain self-confidence in their ability to manage their symptoms and how their health problems affect their lives.

Catherine Offutt has served as the Program Director for the City of Albuquerque Department of Senior Affairs Chronic Disease Self-Management Education Program since July 2010. Ms. Offutt was trained at Stanford University's School of Medicine Patient Education Research Center as a Master Trainer for the Chronic Disease Self-Management Program. She went on to earn the highest level of Stanford-certified Trainer Certification.

Patricia Torn has worked with and is a Master Trainer for the Chronic Disease Self-Management Program since 2012. Patricia is also a Master Trainer for the Cancer: Thriving and Surviving (CTS) program, and the Diabetes Self-Management Program (DSMP). She has been involved with Cancer Support Now in a number of capacities from its inception in the Fall of 2009.

**Conference is FREE, Registration is required. Please register
online at cancersupportnow.org or call 505-554-1930**