



**UMPQUA
COMMUNITY
HEALTH CENTER**

150 Kenneth Ford Drive
Roseburg, OR 97470
(541) 672-9596
umpquachc.org

NEWS RELEASE

FOR IMMEDIATE RELEASE

July 31, 2019

CONTACT: Mark Tsuchiya

Marketing and Development Director

Main: (541) 672-9596 Ext. 105

Cell: (623) 337-7128

mtsuchiya@umpquachc.org

Umpqua Community Health Center Offering Workshops for Individuals Living with Chronic Pain

Classes focus on natural methods for managing pain, improving quality of life

ROSEBURG, Ore. – Umpqua Community Health Center (UHC) is offering free Living Well with Chronic Pain Self-management Workshops Mondays beginning August 12, from 1:30 p.m. to 3:30 p.m., at its main Roseburg clinic location at 150 Kenneth Ford Drive (just north of Costco).

With opioid addiction reaching crisis levels, learning natural ways to cope with and manage chronic pain has never been more important. UHC's workshop focuses on teaching new skills to deal with pain and learning effective ways to manage stress, frustration, isolation and poor sleep, improving strength, flexibility, endurance and methods to more effectively evaluate treatment options.

Many medical experts endorse nonpharmacologic interventions as a first-line treatment for chronic pain management, but individuals living in underserved communities often lack access to those options. Methods to self-manage chronic pain like those offered at UHC's workshop have proven effective in improving physical and cognitive function among low-income patients, according to a study published in the *Journal of General Internal Medicine*.

For more information on the workshop, please contact Cindy Noroña at (541) 672-9596, ext. 430 or cnorona@umpquachc.org.

ABOUT UMPQUA COMMUNITY HEALTH CENTER

Founded in 1992, Umpqua Community Health Center is an independent, board-governed, not-for-profit organization that cares for the people of Douglas County by providing high-quality, patient-centered, accessible and affordable medical, dental and behavioral healthcare, regardless of their ability to pay. It offers integrated services from six clinic sites in Roseburg, Myrtle Creek, Sutherlin, Glide and North Douglas County (Drain), including a Teen Health Center located on the campus of Roseburg High School.