



AVIVA HEALTH

150 Kenneth Ford Drive
Roseburg, OR 97470
(541) 672-9596
aviva.health

NEWS RELEASE

FOR IMMEDIATE RELEASE

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CONTACT: Mark Tsuchiya

Marketing and Development Director

Main: (541) 672-9596 Ext. 105

Cell: (623) 337-7128

mtsuchiya@aviva.health

Aviva Health Offering Workshops for Individuals Living with Chronic Pain

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

ROSEBURG, Ore. – Aviva Health is again offering free Living Well with Chronic Pain Self-management Workshops every Friday for the next six weeks, beginning this Friday, January 31, from 9 a.m. to 11:30 a.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. Aviva Health'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 Aviva Health's workshop have proven effective in increasing 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@aviva.health.

ABOUT AVIVA HEALTH

Founded in 1991, Aviva Health 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. As Douglas County's only Oregon Health Authority recognized Tier 5 Patient-centered Primary Care Home, Aviva Health offers integrated services from eight 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. In 2020, Aviva Health, in partnership with Mercy Medical Center, will launch the Roseburg Family Medicine Residency Program where physicians will train over a three-year period to provide exceptional clinical care to children and adults living in rural locations.