

June 8, 2017

To Whom It May Concern:

I have been diagnosed with neuropathy and suffer from intense pain in my feet, a pain that interferes with my daily living. I found I had fallen into a rut of repeating the same mantra to myself over and over again. That mantra went 'hurt sore pain suffer, hurt sore pain suffer, hurt sore pain suffer'. I knew I needed to do something to break this cycle so when one of my doctors showed me a flyer on the Chronic Pain PATH workshop I decided to give it a try.

Please accept this letter as my personal letter of recommendation for the Chronic Pain PATH workshop. The friendly manner, hospitable spirit, and willingness to answer questions concerning various physical conditions and ailments grabbed my attention and maintained my interest. The information presented was informative and helpful in my search for aide dealing with pain. The presenters Martha and Christine exhibited a high level of integrity and a compassionate heart caring for all.

While the workshop did not address pain through treatment of specific conditions, it did indirectly address everyone's pain by addressing quality of life. The workshop taught me the benefits of getting better sleep, eating healthy, and pacing myself. The workshop also covered many other subjects like methods to manage my frustration and emotions. We were taught the importance of communication for connecting with others.

Martha and Christine led us in exercises that were safe without being time consuming. They showed us how these exercises aided in maintaining and improving strength and endurance. They also taught stretching exercises to help improve flexibility.

I particularly liked that Martha and Christine taught us to create action plans. Each week an action plan with a high expectation of success was created. Through making these action plans, we learned to set realistic goals for ourselves. Successfully accomplishing these goals I found my spirits improved as I learned I could take control of my life.

I would like to say that anyone serious about learning to manage pain would do good to consider the Chronic Pain PATH workshop. In closing I cannot give a higher recommendation for the presenters Martha and Christine.

Sincerely,  
Chronic Pain PATH Workshop\* Graduate

*\*Workshop offered by Tri-County Office on Aging and Region 2 Area Agency on Aging*