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A PUBLICATION OF COMMONBOND COMMUNITIES

## Improved Well-Being in a Positive Community

### Health & Wellness programs give seniors a boost

**H**ealth & Wellness programs are a vital part of CommonBond’s Advantage Services model. Classes are provided at no cost to support residents’ capacity to thrive and remain independent.

Char and her husband have lived at Silver Lake Pointe in Mounds View, Minnesota for over 10 years. Earlier this year, Char participated in a six-week workshop called *Living Well with Chronic Pain* taught by Gail, CommonBond Health & Wellness Manager, and Cindy, Silver Lake Pointe’s Advantage Services Coordinator.

“

This workshop helped me remember I am not alone in my pain.

”

-CHAR

As someone who has dealt with arthritis for much of her life, Char took the class to learn techniques to manage her chronic pain. Not only did Char obtain new tools and knowledge, but she also gained a community – a close

circle of people who are experiencing struggles similar to her own.



Char, *Living Well with Chronic Pain* workshop participant

Char says, **“It helped me remember I am not alone in my pain.”** She also gained a new perspective in feeling empathy for others who experience chronic pain. **“The sensitivity I have for others increased, and I gained a new sense of gratitude for the abilities I still have.”**

The class was one of openness and inclusiveness. By nature, a workshop that focuses on chronic pain invites discussion of vulnerable topics, including personal reflections from participants about where they are mentally and physically.

**“We had freedom in expressing ourselves in an accepting atmosphere,”** says Char, **“There was never any feeling that ‘I shouldn’t say this or share that.’”**

Instructors Gail and Cindy helped to foster a positive environment, and the community organically blossomed from there.



Gail, Health & Wellness Manager, leading a class

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