

ARE YOU DEALING WITH CHRONIC PAIN?

WANT TO START MANAGING IT BETTER?



While we might not have control over having a condition that gives us chronic pain, we can learn how to manage it and still live well.

Chronic Pain PATH is a 6-week **ON-LINE workshop** that teaches tools to better self-manage symptoms and side effects as we face the daily challenges of living with a chronic condition like arthritis, back pain, fibromyalgia, or other pain conditions.

You choose your own goals to gain a healthy, meaningful lifestyle and *feel better*

ATTEND A VIRTUAL WORKSHOP

What's in it for YOU?

Learn tools to deal with your pain:

- Managing frustration and fatigue
- Getting better sleep
- Connecting to others
- Using medications appropriately
- Communicating
- Healthy eating
- Pacing yourself
- Considering new treatments

Plus

Learn safe exercises
for maintaining and improving
strength, flexibility, and endurance

6-week CHRONIC PAIN PATH WORKSHOP

WHEN: MONDAYS from 1:00 - 3:30pm
August 17- Sept. 28 (no meeting on Labor Day)

WHERE: ON-LINE THROUGH ZOOM

COST=FREE!

[CLICK HERE TO REGISTER ON-LINE](#)

**OR call Region 2 Area Agency on Aging to
register at 517-592-1678**

