

ARE YOU DEALING WITH CHRONIC PAIN?

WANT TO START MANAGING IT BETTER?



ATTEND A 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
- Handling everyday activity
- Considering new treatments

Plus

Learn safe exercises
to maintain and improve strength,
flexibility, and endurance



Michigan Partners on the PATH

Chronic Pain PATH is a workshop that teaches tools to better self-manage symptoms and side effects when facing the daily challenges of living with chronic pain. Become better equipped to deal with issues like arthritis, back pain, fibromyalgia, or other painful conditions.

You choose your own goals
*to feel better and regain a more
satisfying lifestyle*

6-week CHRONIC PAIN PATH WORKSHOPS

WHEN: Mondays from 4-6:30pm

WHERE: Family Medical Center
1200 N. Main St, Adrian, MI, 49221

COST: FREE!

Space is limited to 16 per workshop; you must register in advance

**Call to SIGN UP for the next
available workshop**

**and ask about more Living Well
programs available in your area**

REGION 2 AREA AGENCY ON AGING
102 N. Main Street, Brooklyn, MI

(517) 592-1974

(800) 335-7881
www.r2aaa.net

