

Living Healthy with Chronic Pain Workshop



Living Healthy with Chronic Pain is a workshop that will help you take control of your ongoing health condition rather than letting it control you!

The *Living Healthy with Chronic Pain* workshop can help you take control of your pain and overall health.

- ✦ 2 1/2 hour workshop, once a week for six weeks
- ✦ Learn from trained volunteer leaders
 - ✦ Manage symptoms
- ✦ Learn how to work with your health care team
 - ✦ Build your confidence
 - ✦ Appropriate use of medication
 - ✦ And so much more!



Wednesday 3:30pm — 6:00pm
February 13th—March 20th

East Burke Senior Center—Hildebran Library
101 Main Ave. West
Hildebran, NC 28637

Class size is limited!

**CALL TO REGISTER
(828) 485-4216**



Area Agency on Aging



LIVING HEALTHY
WITH
CHRONIC PAIN

