

TAKE CONTROL OF CHRONIC PAIN

Join us for a Chronic Pain Self-Management Program

a Self-Management Resource Program with the Self-Management Resource Center

Are you looking for better ways to manage your chronic pain?

Join us for a class that gives you the tools to take charge of your health:

- Learn strategies to deal with pain, stress, fatigue and depression.
- Learn how to use the “Moving Easy Program” to exercise.
- Talk about using medications safely and effectively.
- Communicate more effectively with your doctor.



The Area Agency on Aging District 7 (AAA7) is happy to sponsor a class near you!

Classes are FREE and meet once a week for six weeks.

For more information about joining us at an upcoming class or scheduling a class in your community, call the AAA7 at:

1-800-582-7277

extension 247 or 284

or e-mail info@aaa7.org

