NEED HELP MANAGING CHRONIC PAIN?

Attend a free 6-week virtual workshop

Chronic Pain PATH (Personal Action Toward health) is an interactive workshop designed to help individuals with chronic pain improve their health and feel better.

Get on the PATH to better health!

Learn how to:

- Pace and plan for optimal energy
- Manage fatigue
- Problem solve and make decisions
- Deal with difficult emotions
- Practice positive thinking
- Make healthy food choices
- Increase physical activity
- Improve communication skills
- Action Plan
- Includes the Moving Easy Program!

CHRONIC PAIN PATH WORKSHOPS VIA ZOOM

Thursdays, January 21 - February 25, 2021 from 1:00pm - 3:30pm
TO REGISTER, CALL Tri-County Office on Aging at 517-887-1465

Mondays, February 22 - March 29, 2021 from 1:00 - 3:30 pm
TO REGISTER, CLICK HERE or call 517-592-1974; email livingwellprograms@r2aaa.net

Mondays, March 29 - May 3, 2021 from 10:00am - 12:30pm via GoToMeeting
TO REGISTER, CALL (833)262-2200 OR EMAIL wellnessprograms@aaa1b.org

All workshops are free; donations are accepted. This workshop is available in part through funding from the Older American's Act and Michigan Department of Health & Human Services/Aging & Adult Services Agency