

Want to Take Charge of Your Pain?

Become a Self-Manager!



Register for the ***Keep it Moving*** Workshop!

This six-week workshop is a Chronic Pain Self-Management Program and is FREE to adults 60 and older.

In light of COVID-19, this will be offered *virtually!*

Participants will learn tips and strategies to take charge of their chronic pain, deal with problems such as frustration, fatigue, isolation, and poor sleep, and learn how to become more involved in everyday activities.

Workshop Details:

This program will be held on Mondays via Zoom. All participants will be mailed a Self-Management Tool Kit at no cost.

Dates: March 15th, 22nd, 29th, April 5th, 12th, and 19th 2021

Time: 10:00am to 12:30pm

To register, contact:

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