

Want to Take Charge of Your Pain in 2022?

Become a Self-Manager!



Start the New Year off right and 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 (Zoom)*!

Participants will learn tips and strategies to take charge of their chronic pain. Topics include managing pain, dealing with fatigue, working with health providers, physical activity, addressing poor sleep, problem solving and becoming more involved in everyday activities.

Workshop Details:

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

**Dates: January 11th, 18th, 25th,
February 1st, 8th and 15th 2022**

Time: 1:00pm to 3:30pm

To register, contact:

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Promotion Nurse Supervisor**

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