

WANT TO TAKE CHARGE OF YOUR PAIN?

REGISTER FOR A FREE VIRTUAL WORKSHOP!

Keep it Moving – A Chronic Pain Self-Management Program

Do you have chronic pain or care for someone who does?
Join this evidence-based six-week workshop and learn how to
self-manage your pain and gain support from others!

- ✓ Take charge of your chronic pain
- ✓ Increase involvement in daily tasks by addressing problems such as frustration, fatigue, isolation, and poor sleep
- ✓ Physical activity and nutrition
- ✓ How to use power of the mind
- ✓ Medication usage and evaluation of treatments
- ✓ Action planning, decision making, and problem solving

Upcoming Workshop:

Dates: Wednesdays, June 22nd,
29th July 6th, 13th, 20th, and 27th

Time: 10am to 12:30pm

Held via ZOOM!

TO REGISTER, CONTACT:

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Specialist

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