

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: Mondays, October 3rd,
10th, 17th, 24th, 31st, and
November 7th**

Time: 10am to 12:30pm

Held via ZOOM!

TO REGISTER, CONTACT:

Lauren Jirinec, PCA

(215)765-9000 x5119

Lauren.Jirinec@pcacares.org



Philadelphia Corporation for Aging supports this program through Title IIID funds from the Pennsylvania Department of Aging. This program was developed at Stanford University and is now owned by Self-Management Resource Center, Inc.