



WANT TO TAKE CHARGE OF YOUR CHRONIC PAIN?

REGISTER FOR A FREE TELEPHONE WORKSHOP!

Become a Self-Manager!

- ✓ Highly interactive 6-week workshop
- ✓ Weekly 1 hour sessions via phone
- ✓ Gain support from others

Upcoming Workshop:

Dates: Tuesdays, Feb. 14th, 21st, 28th, March 7th, 14th, and 21st

Time: 2pm – 3pm

Held via Phone

REGISTRANTS MUST BE 60+ AND LIVE IN PHILADELPHIA

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! Topics include:

- ✓ How to take charge of your chronic pain
- ✓ Address symptoms such as fatigue, frustration, isolation, & poor sleep
- ✓ Increase involvement in daily tasks
- ✓ Learn about physical activity & healthy eating
- ✓ Learn how to use your mind, medication usage, & evaluation of treatments
- ✓ Communication skills
- ✓ Engage in action planning, decision making, & problem solving

TO REGISTER, CONTACT:

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