

WANT TO TAKE CHARGE OF YOUR PAIN?

REGISTER FOR A FREE PHONE 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
- ✓ Learn about physical activity and nutrition, how to use power of the mind, medication usage, and evaluation of treatments
- ✓ Engage in action planning, decision making, & problem solving

Upcoming Workshop:

Date: Wednesdays, February 21st,
28th March 6th, 13th, 20th, and 27th

Time: 10:00am - 11:00am

Held via telephone

TO REGISTER, CONTACT:

Lauren Jirinec, PCA

(215)765-9000 x5119



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