



WANT TO TAKE CHARGE OF YOUR CHRONIC PAIN?

REGISTER NOW FOR A FREE WORKSHOP!

Become a Self-Manager!

- ✓ Highly interactive 6-week workshop
- ✓ Weekly 2 ½ hour sessions
- ✓ Gain support from others with similar health issues

Upcoming Workshop

Hosted By:

Frazier Family Coalition
for Stroke Education and Prevention

**Dates: Wednesdays,
March 6th, 13th, 20th, 27th,
April 3rd, and 10th**

Time: 12:30pm– 3:00pm

**Where: 1300 West
Lehigh Ave, #112,
Philadelphia, PA 19132**

Frazierfamilycoalition.org

KEEP IT MOVING – A CHRONIC PAIN SELF-MANAGEMENT PROGRAM

Do you suffer from chronic pain or care for someone who does? Join this evidence-based six-week workshop and learn:

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

TO REGISTER:

Contact the call center 215-707-3555
or register online at

www.frazierfamilycoalition.org



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.