



Take Control of Your PAIN!



Attend Healthy U~Chronic Pain Self-Management by PHONE!

Chronic Pain Self-Management is for you if:

- You have long-term pain or care for someone living with chronic pain;
- You are looking for better ways to manage pain symptoms;
- Feel limited in your daily activities;
- Feel tired or alone because of your health



Chronic Pain Self-Management is a free, six-week, small group workshop by **PHONE** that helps participants learn proven strategies to manage chronic pain and health conditions to feel healthier. During this time, connect and support each other while setting goals and making step-by-step plans to improve your health! **FREE workshop materials sent to your home!**

Topics include:

- Setting and achieving personal goals
- Strategies to deal with pain, stress, fatigue and depression
- Using physical activity to improve strength and flexibility
- How to use medications safely and appropriately; and
- Better ways to talk with your doctor and your family about your pain

Space is limited, so register today! **Registration deadline April 20th**

Please plan to attend all six sessions

Tuesdays May 4-June 8

1:30pm-2:30pm by phone

Registration **required** to receive materials and call-in number

To register contact Jane at Jacri@coaaa.org or 614-645-3866

