

Health in Action

*Take the steps to
a healthier lifestyle!*

Six sessions to Better **PAIN** Self-Management

Problem-solve your health challenges with the support of other participants. People with chronic pain and caregivers are welcome.

This no-cost workshop series provides you with the tools to make an **action plan** for better health:

- › Healthy Eating
- › Physical Activity
- › Better Breathing
- › Medication Management
- › Communicating about Your Condition
- › And more!



Photo source: National Cancer Institute

For this no-cost Health in Action workshop at home, you will need:

- ⊙ **A phone in a quiet area to participate**
- ⊙ **Email address to receive required pre-registration materials and weekly remote reminders of the conference line call-in**
- ⊙ **One hour once a week for six weeks to share and connect with others**
- ⊙ **To complete a weekly action plan and report out on progress**
- ⊙ ***Living a Healthy Life* book shipped to your home at no cost after registration!**

Join us Via Phone

Conference call line provided after registration

Health in Action: Chronic Pain
Wednesdays Oct 5th-Nov 9th, 2022
10:30am-11:30am

Attendance required at all sessions
Registration deadline Sept 19th
Materials shipped to your home

To register, contact Jane at

Jacri@coaaa.org
or 614-645-3866

