

Take
Control



Chronic Pain WORKSHOP

"It's Your Life...Live it Well"

Is pain controlling you? Join our Chronic Pain Self-Management Workshop and take control of your pain!

Feel
Better

The Chronic Pain Self-Management Program is a FREE six-week program that teaches techniques and strategies proven to help those living with constant pain.



Learn about pain management including:

- Developing an action plan
- Communicate better with your healthcare provider
- Moving easy exercises
- Managing common symptoms
- Using your mind to manage pain



These are just some of the topics covered!

Energize

Program dates: Tuesdays, November 13, 20, 27, & Dec. 4, 11, & 18,

Time: 1:00pm – 3:30pm

Location: Groton Senior Center 102 Newtown Rd, Groton, CT 06340

Fee: No Cost (The book, "Living a Healthy Life with Chronic Pain" is available on loan or can be purchased for \$25)

To register call: Groton Senior Center (860) 441-6785

Live

Enjoy

