



NEED HELP MANAGING CHRONIC PAIN?

Attend a free 6-week virtual workshop

Chronic Pain PATH (Personal Action Toward health) is an interactive workshop designed to help individuals with chronic pain improve their health and feel better.

Get on the PATH to better health!

Learn how to:

- Pace and plan for optimal energy
- Manage fatigue
- Problem solve and make decisions
- Deal with difficult emotions
- Practice positive thinking
- Make healthy food choices
- Increase physical activity
- Improve communication skills
- Action Plan
- Includes the Moving Easy Program!



CHRONIC PAIN PATH WORKSHOPS VIA ZOOM

Tuesday Mornings **February 21 – March 28, 2023** **9:00 am – 11:00 am**
TO REGISTER, CLICK HERE OR CALL (989) 358-4616 or email mainveilleb@nemsca.org

Tuesday Afternoons **February 21 – March 28, 2023** **1:00 pm – 3:30 pm**
TO REGISTER, CALL (517) 592-1974 or email livingwellprograms@r2aaa.net

All workshops are free; donations are accepted. This workshop is available in part through funding from the Older American's Act and Michigan Department of Health & Human Services/Aging & Adult Services Agency