

Do you have long-term pain or care for someone living with chronic pain? Are you looking for better ways to manage pain?

Take Control of Your Pain and Join Us for:



Chronic Pain Self-Management Classes

“Chronic Pain Self-Management” offers a free six week class to individuals age 60 and over to help you learn proven strategies to manage chronic pain and feel better. The class will give you tools surrounding a number of topics, such as:

- Setting and achieving personal goals.
- Strategies to deal with pain, stress, fatigue and depression.
- Using physical ability to improve strength and flexibility.
- Using medications safely and effectively
- Relaxation
- Communicating with your doctor and your family about your pain.

Participants will receive a FREE book, “Living a Healthy Life with Chronic Pain”, that contains chapters covering topics such as: managing specific chronic conditions, exercise, communicating with your doctor, managing medications, and more!

Locally, the Area Agency on Aging District 7 is happy to sponsor a Chronic Pain Self-Management Class near you.

For more information about joining an upcoming class or scheduling a class, call

1-800-582-7277, extension 215
or e-mail vwoyan@aaa7.org

