



Wellness Tip of the Week

with the Area Agency on Aging District 7

Chronic Pain Self-Management

Living with chronic pain? Our Chronic Pain Self-Management Program can give you tools and ideas to improve or complement treatments and other efforts to manage your pain. For more information about registering for an upcoming telephone class, call 1-800-582-7277, ext. 247 or e-mail info@aaa7.org.