



# **Wellness Tip of the Week**

with the Area Agency on Aging District 7

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## **Chronic Pain Self-Management**

If you are living with chronic pain, our Chronic Pain Self-Management Program is a great tool to help. A class for those age 60 and over is available and the deadline to register is fast approaching!

Call us today at 1-800-582-7277 or e-mail [info@aaa7.org](mailto:info@aaa7.org) to learn more.