

# TAKE CONTROL OF CHRONIC PAIN

## Join us for a Chronic Pain Self-Management Program

Are you looking for better ways to manage your chronic pain?

Join us for a class that gives you the tools to take charge of your health:

- Learn strategies to deal with pain, stress, fatigue and depression.
- Learn how to use the “Moving Easy Program” to exercise.
- Talk about using medications safely and effectively.
- Communicate more effectively with your doctor.



Join us in

### **ROSS COUNTY**

Thursdays from

**May 2nd – June 6th**

**5:30 pm – 7:30 pm**

PACCAR Medical Education Center

Room 215

446 Hospital Road, Chillicothe

Pre-Registration is required by April 29th

For more information or to sign-up, call the

Area Agency on Aging District 7 at

**1-800-582-7277, extension 247 or 284**

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*This class is offered through a partnership of Adena Medical Center and the Area Agency on Aging District 7, Inc.*