

# TAKE CONTROL OF CHRONIC PAIN

Join us for a Telephone Chronic Pain Self-Management Program

Sponsored by the Area Agency on Aging District 7 (AAA7)

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 by telephone!!**

Wednesdays from April 21<sup>st</sup> – May 26<sup>th</sup>

Weekly Call In: 1:30 pm – 2:30 pm

Pre-registration is required by April 7<sup>th</sup>

- Must be 60 or older to participate.
- Must reside in one of the following counties in Ohio: Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto or Vinton.
- Those who are interested must pre-register for the class. Once registered, participants will receive a free Chronic Pain Self-Management kit in the mail and the conference call information prior to the start of the class. Contents in the kit will be used for the weekly calls.
- Participation in the weekly telephone conference calls is required to receive the kit at no cost

For more information or to register,  
call the AAA7 at:

**1-800-582-7277 ext. 247 or  
e-mail [info@aaa7.org](mailto:info@aaa7.org)**

