

Sign up today for Chronic Pain Self-Management and start Taking Control of Your Health today!

Living with chronic pain can be a daily challenge. But it doesn't have to be.

Sign up today! Seating is limited. Please plan to attend all 6 classes in this workshop series.

Through this six-week workshop you will discover how to:



Eat healthy.



Learn the Move Easy program.



Deal with difficult emotions.



Communicate effectively with your health team.



Develop action plans to improve your health and wellbeing.



Use pain medications effectively.

Also great for caregivers!

When:

April 22 through

May 27, 2020

6 Wednesdays

9:30 a.m. to 12:00

Where:

Burleson Recreation Center
BRiCK

550 NW Summercrest Blvd.
Burleson, TX

To register:

Contact Daniel Shafer

Phone: 817-426-9106

Email:

dshafer@burlesontx.com



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For more information contact the Area Agency on Aging at 1-800-272-3921