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