

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 6-week workshop you will discover how to:



Eat a healthy diet.



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:

March 6 through

April 10, 2020

6 Fridays

9:30 a.m. to 12:00

Where:

Sam Johnson Recreation
Center

Plano Senior Center

401 W. 16th St.

Plano, TX

To register:

Pam Perry

Phone: 972-941-5671

Email:

pamelape@plano.gov



Funded in part by Texas Health and Human Services. A Program of the North Central Texas Council of Governments.

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