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

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