

# Sign up today for FREE 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 in a healthy way



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

## When:

May 19 through June 23,  
2020

6 Tuesdays

9:00 a.m. to 11:30 a.m.

## Where:

Stephenville Senior Center  
164 College Street  
Stephenville, TX

## To register:

Phone: 877-847-9355

Or online at:

[TexasHealth.org/Classes](https://TexasHealth.org/Classes)

*Also great for caregivers!*



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