



Are You Living With Pain?

Chronic Pain Self-Management Program

Coffee hour and information session:

Workshop details:

Where: _____

When: _____

Time: _____

Cost: *No cost to you* _____

For more information and registration contact:

Own Your Health

Empowering **YOU** to take
charge of your own health
by joining a program
proven to work.

- Manage symptoms.
- Improve your sleep.
- Manage your medications.
- Eat healthier.
- Improve communications with family and doctors.
- Be more active.
- Use action plans and problem-solving for more confident decision-making.

