



Own Your Health RHODE ISLAND

Ease pain and get moving.



Are you (or is someone you know) living with chronic pain?
Join our **FREE Workshop**.

This six-week program will teach you a variety of techniques that will help you better manage your chronic pain.

Learn proven techniques that will help you:

- ③ Ease chronic pain;
- ③ Be more active;
- ③ Improve your sleep;
- ③ Eat healthier;
- ③ Manage your medications;
- ③ Improve communications;
- ③ And use problem solving skills for more confident decision making.

WORKSHOP DETAILS

Where: Jenks Park Pediatrics, Inc. 577 Broad St | Central Falls | 02863

When: Friday, May 19th - June 30th **Time:** 10:00am-12:30pm

To Register:

Click the link below or scan the QR code:



http://ripin-ri.formtitan.com/ftproject/classregistration?class_number=CN005800510

Or call 401.432.7217 to speak to a Patient Navigator

**Participation supports you in CCHW
re-certification process**