



NEED HELP MANAGING CHRONIC PAIN?

Attend a free 6-week virtual workshop

Chronic Pain PATH (Personal Action Toward health) is an interactive workshop designed to help individuals with chronic pain improve their health and feel better.

Get on the PATH to better health!

Learn how to:

- Pace and plan for optimal energy
- Manage fatigue
- Problem solve and make decisions
- Deal with difficult emotions
- Practice positive thinking
- Make healthy food choices
- Increase physical activity
- Improve communication skills
- Action Plan
- Includes the Moving Easy Program!



CHRONIC PAIN PATH WORKSHOPS VIA ZOOM

Monday Afternoons January 22- February 26, 2024 1:00 pm - 3:30 pm
TO REGISTER email julieschwarz@areaagencyonaging.org or call 269-982-7759

Monday Afternoons February 19 - March 25, 2024 1:00 pm - 3:00 pm
TO REGISTER, CLICK HERE OR CALL (989) 358-4616 or email mainveilleb@nemsca.org

Tuesday Afternoons April 16 - May 21, 2024 1:30 pm - 4:00 pm
TO REGISTER, CALL (517)592-1974 or email livingwellprograms@wellwiseservices.org

All workshops are free; donations are accepted. This workshop is available in part through funding from the Older American's Act and Michigan Department of Health & Human Services/Aging & Adult Services Agency

