



# 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

Tuesday Afternoons      February 21 – March 28, 2023      1:00 pm – 3:30 pm  
**TO REGISTER, CALL (517) 592-1974 or email [livingwellprograms@r2aaa.net](mailto:livingwellprograms@r2aaa.net)**

**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