

For more information about workshops,  
please contact:

**Feel better.**

**This workshop explores:**

- The mind-body connection
- The benefits of physical activity
- The connection between food and chronic pain
- Ways to communicate with your doctor and family



**HEALTHY AGING NC**

[www.healthyagingnc.com](http://www.healthyagingnc.com)

**Tired of waiting for pain  
to go away?**



Take back control of your  
pain and your life.

Join a **FREE** workshop  
in your area.



LIVING HEALTHY  
WITH  
**CHRONIC PAIN**

## Who is this workshop for?

Individuals who have a chronic pain symptom such as:

- Arthritis
- Fibromyalgia
- Sever muscle pain
- Inflammatory bowel syndrome
- Persistent headache
- After-surgery pain over 6 months
- Whiplash injuries
- Ongoing muscle pain  
(such as chronic neck, shoulder or back pain, etc.)

*“I always felt tired, alone and fearful. But after taking the workshop, I have more confidence in managing my pain, energy to do more, and I met some really great people.”*

-Chronic Pain Workshop Participant



*“I was tired. My pain was my boss. It was telling me what I could and couldn’t do. This workshop put me back in charge!”*

-Chronic Pain Workshop Participant

## The Living Healthy with Chronic Pain Workshop:

- Join a free 2 1/2 -hour Living Healthy workshop held each week for six weeks
- Learn from trained volunteer and professional leaders with health conditions themselves
- Set your own goals and make a step-by-step plan to improve your health

To find upcoming workshops in your area, contact:



*“I really enjoyed the exercises and breathing techniques I learned. I feel calmer, less worried and more confident about managing my pain.”*

-Chronic Pain Workshop Participant