



Chronic Pain FREE Workshop

Learn ways to manage your pain

This program 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

Discover strategies and skills to help you manage your pain.

- FREE six-week workshop
- If you have chronic pain, or love someone who does, please register for this workshop
- A research-based Chronic Pain Self-Management Program originally developed by Stanford University

UPCOMING WORKSHOP:

Times:

Location:

