

**YOU ARE INVITED TO ATTEND LIVING HEALTHY, CHRONIC PAIN
SELF MANAGEMENT CLASS A FREE AND FUN SIX WEEK
PROGRAM TO HELP YOU LIVE A HEALTHIER LIFE !**



Tuesdays

10:00 am — 12:30 pm

Sept 19—October 24, 2017

Johnston County

Health Department

517 N Brightleaf Blvd

Smithfield, NC 27577

Limited space! Call today!

Living Healthy *Chronic PAIN Self*

***Management* workshop will help you:**

- *Learn how to manage pain or fatigue*
- *Learn how to increase activity and confidence*
- *Learn how to eat healthy*
- *Feel better and take charge of your Life!*

To register, contact:

Kimetha Fulwood

919-989-5200

Kimetha.fulwood@johnstonnc.com

Take CONTROL of your Pain!



**LIVING
HEALTHY**

**FEEL BETTER
TAKE CHARGE**