

# Break the grip of pain and enjoy life again!

## Chronic Pain Self-Management Program

Participants report less pain, more energy and improved independence.

- Learn chronic pain coping skills
- Develop healthy eating habits
- Manage difficult emotions and stress
- Practice relaxation and gentle movement exercises
- Improve communication with healthcare providers
- Sleep better, feel better, live better!



*Sign up NOW for six 2½ hour sessions.*

Location:

Add copy here

Dates:

Add copy here

Time:

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