



Charlevoix County Commission on Aging

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Registrations are Open for a Free Chronic Pain Self-Management Workshop in Charlevoix

To help seniors become better self-managers of chronic health conditions the Area Agency on Aging of Northwest Michigan (AAANM), the Charlevoix County Commission on Aging and Michigan State University, College of Human Medicine in conjunction with Partners in Aging Strategies and Training (PAST) are offering several free Healthy Aging workshops in northern Michigan. The first Chronic Pain PATH workshop will take place on Monday mornings in February and March at the Charlevoix Senior Center. Developed by Stanford University, Chronic Pain PATH provides information and techniques to cope with the challenges associated with chronic pain. The free, six-session workshop is for adults living with chronic pain and their family caregivers.

- ***Chronic Pain PATH Workshop ~ Charlevoix Senior Center***

6909 Norwood St., Charlevoix, MI 49720

Mondays, 9:30 am-12:00 noon, February 19-March 26, 2018

Each 2 ½ hour session focuses on self-management tools to:

- Manage symptoms through planning and pacing, and using your mind
- Exercise safely, at a pace that's right for YOU to help reduce frustration and fatigue
- Improve problem-solving, decision-making and communications
- Make action plans based on YOUR goals

Through weekly goal-setting activities participants become more active and more confident that they can manage their health. PATH is taught by trained and certified leaders who understand chronic illness and have a personal connection to chronic pain.

To achieve the full benefit of Chronic Pain PATH, please plan to attend all six workshops. Space is limited and pre-registration is required. Call 1-800-442-1713 for more information or to register, or register online at www.aaanm.org/workshop-registration.