



Chronic Pain Self-Management

Power over Pain

Now is the time to do something about it!

1 in **5** people live with chronic pain

Join your peers age 60 and over at this **FREE evidence-based program on ZOOM.** Learn tools that support you in reaching your personal goals to manage chronic pain.

Program meets once a week for 6-weeks.

Must Register as space is limited.

Contact: COSA at 610-499-1937 or williamse@co.delaware.pa.us

Provide name, address, phone number and email address when registering.



Deal with frustration, fatigue, isolation and poor sleep

Learn Exercises to improve strength, flexibility and endurance

Use medications effectively

Communication

Nutrition

Evaluate new treatments

ONLINE on ZOOM

Mondays

9/16/24 - 10/21/24

9:30 AM to 12:00 PM

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