



Living With Chronic PAIN?



Healthy Living with Chronic Pain, a 6-week workshop, will provide information and support to assist you in managing your pain. This fun, interactive workshop will offer a variety of different activities and provide tools to improve your quality of life. Topics include:

- Understanding acute and chronic pain
- Pacing: balancing activity and rest
- “Moving Easy” exercises
- Making a difference by eating better
- Dealing with sadness, anger, and frustration
- Medications and other interventions
- Communication and chronic pain
- Getting a good night’s sleep

Location: CASA

9360 E Manzanita Circle
Prescott Valley, AZ 86314

To Register: Rachel Mills at (928) 442-5372

Workshop Dates and Times:
Wednesdays, June 19-July 24
at 1:00-3:30 pm

Sponsored by:

