

# What hurts you today, makes you stronger tomorrow.

## Chronic Pain Self-Management Program

When pain is no longer temporary and it's something you have to deal with more each day, you start to feel helpless and alone. You don't have to feel alone, we can be there for you.

This six-week evidence-based program will empower you with ways to manage your chronic pain and find the support you need during these difficult times.

### During the program you will learn:



Making Friends That Will Support You



Healthy Eating



Dealing with Stress and Pain



Problem Solving



Positive Thinking



Mind to Body Connection



Communicating With Your Doctors



Weekly Goal Setting

Every Tuesday, September 22 - October 27, 4-5 p.m. (classes will be delivered through Zoom or by telephone). Please call **702.616.4932** to learn more about the program or to register!