

# Chronic Pain Self-Management Program

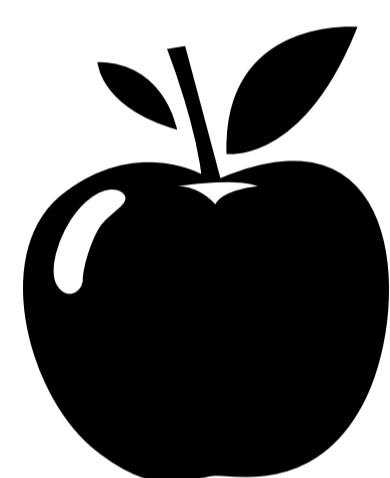
Are you interested in learning how to better manage your chronic pain? Classes are now available over the phone!

The Chronic Pain Self-Management Program is held once a week for 6 weeks for an hour, taught by two trained leaders. It's time to take control and learn ways to better manage your Chronic Pain!

## During the program you will learn:



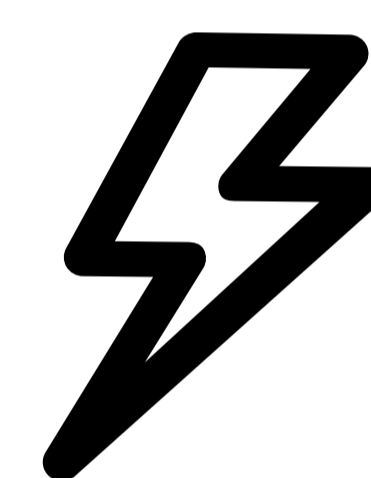
Making Friends  
that will  
Support you



Healthy  
Eating



Dealing with  
Stress and Pain



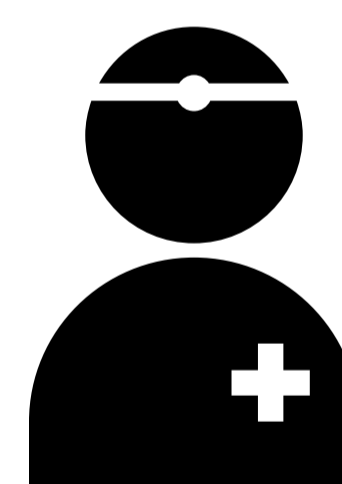
Problem  
Solving



Positive  
Thinking



Mind to Body  
Connection



Communicating  
with your  
Doctors



Weekly  
Goal  
Setting

## **2 workshops available. Register Today!**

Classes meet every Tuesday from

July 28th-September 1st

From 10:00am-11:00am

Classes meet every Wednesday from

July 22nd-August 26th

From 3:30pm-4:30pm

To register please call Victoria Alejandre at 702-616-4914