

Chronic Pain Self-Management

Self-Management Workshops:

Physical Activity
Action-Planning
Breathing Techniques
Understanding Emotions
Using Your Mind
Sleep
Healthy Eating
And **More!**



Who is Eligible?

- 60+ living with chronic pain
- 60+ caregiver/family member of someone living with chronic pain

To register: Call Megan at
717-771-9610, extension 1017

Upcoming class:

Where: We're going virtual due to COVID-19.
Access to a computer & internet is required.

When: Thursdays, September 17—October 22

Time: 9—11:30AM

****There is no charge for the program**

Space is
limited. Sign up today!



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