

Take
Control !

Feel
Better !

Live !

Enjoy !



Learn How to Self-Manage Your Chronic Pain

You will explore:

- Techniques to deal with frustration, fatigue, isolation, poor sleep.
- Exercises to help with pain
- Ways to improve your nutrition
- Appropriate use of medications
- Other helpful information for managing your pain day to day

Join a **FREE** 6-week Live Well Chronic Pain Workshop

Interested in learning more?

Call us at: 203-814-3693

Or visit:

www.cthealthyliving.org

Sponsored by the Southwestern CT Agency on Aging, the CT Dept. of Rehabilitation Services & the CT Dept. of Public Health.