

LEARN HOW TO MANAGE YOUR PAIN!



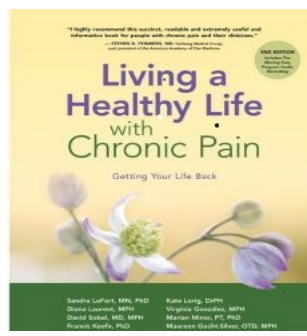
"Living a Healthy Life with Chronic Pain Class"
New Port Richey Library, River Room,
5939 Main St., New Port Richey, FL 34652
1x wk, 6wk Course, Starts: 8/15-9/19, Thursdays,
1-3:30 p.m. Free Course for those 60 and over.



Evidence-Based Self-Management Programs
Originally Developed at Stanford University



Gain techniques to self-manage Chronic Pain conditions such as fatigue, pain, sleeplessness, stress, addresses emotional problems associated with pain such as depression, anger, fear, and frustration, Provides nutritional information and sample exercises to reduce pain. Includes The "Moving Easy" Exercise CD in your book!!



For more information please contact: Terri Toner at the Area Agency on Aging 727-570-9696 ext. 160