

Take control of your pain!

Attend Healthy U Chronic Pain Self-Management Workshop

Offered by the Area Agency on Aging, PSA 2

- ◆ The workshop is held **once a week for 6 weeks**.
- ◆ Learn from trained leaders who use **workshop tools** to manage their own pain.
- ◆ **Set your own goals** and make step-by-step plans to improve your health—regaining control of the things that matter to you!

Topics include:

- ◆ Setting and achieving personal goals.
- ◆ Strategies to deal with pain, stress, fatigue, depression.
- ◆ Using physical activity to maintain and improve strength, flexibility, and endurance.
- ◆ How to use medications safely and appropriately.
- ◆ Better ways to talk with your doctor and your family about your pain.



There is **no charge** to attend this workshop.

Complete the workshop and receive a free copy of the companion book, *Living a Healthy Life with Chronic Pain*, the *Moving Easy Program* CD, and a relaxation CD.

Healthy U is for you if you:

- ◆ Have long-term pain or care for someone living with chronic pain;
- ◆ Are looking for better ways to manage pain symptoms;
- ◆ Feel limited in your daily activities;
- ◆ Feel tired, alone, or fearful because of your health or the health of your loved one.



Area Agency on Aging, PSA 2

UPCOMING WORKSHOP:

Wednesdays, July 25—Aug 29
Sessions begin at 1:30 pm and last about 2 hours.

Covington Care Center
75 Mote Drive, Covington

Space is limited.
Please register TODAY!

Contact the center at
937-473-2075 or email
ccadm@covingtonnh.com