

# JOIN US AND HELP TAKE CONTROL OF YOUR PAIN!

## Chronic Pain Self-Management

### Upcoming Class

Mauthe Park  
156 Smithfield Street  
Struthers, OH 44571

Begins Wednesday,  
September 4, 2019  
5:30 - 7:30 PM

Class consists of 6  
weekly sessions ending  
on October 9, 2019

*Call 330-270-2855,  
extension 109 for more  
information or to  
register for the free  
workshop!*



Do you have long-term pain or care for someone living with chronic pain? Our **Chronic Pain Self Management Program** offers a free 6-week class to individuals age 60 and over to help participants learn proven strategies to manage chronic pain and feel better. The class will provide tools surrounding a number of topics, such as:

- Setting and achieving personal goals
- Strategies to deal with pain, stress, fatigue and depression
- Using physical ability to improve strength and flexibility
- Using medications safely and effectively
- Relaxation
- Communicating with your doctor and family about pain
- Participants will also receive a free book, "Living a Healthy Life with Chronic Pain".