

JOIN US AND HELP TAKE CONTROL OF YOUR PAIN!

Chronic Pain Self-Management

Upcoming Class

Davis Family YMCA
45 McClurg Road
Boardman, OH 44512

Begins Wednesday,
May 21, 2019
9:00 - 11:00 AM

Class consists of 6
weekly sessions ending
on June 25, 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".



**MAHONING COUNTY
PUBLIC HEALTH**
PREVENT · PROMOTE · PROTECT

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