



Online Chronic Pain PATH

(Personal Action Toward Health)

This program is **FREE** &
held on Zoom!

TUESDAYS: 7-9PM
this fall from
November 3 -
December 15

To **REGISTER**, click:

[http://bit.ly/
CPPATHFallEve](http://bit.ly/CPPATHFallEve)

Zoom links will follow
after registering

For more info, contact:

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Chronic Pain PATH is a six-week self-management workshop supporting individuals who face daily challenges of living with chronic pain.

Discussion topics include:

- Ways to talk to family and friends about chronic pain
- How to manage medications, prevent misuse, and communicate with health professionals
- Ways to deal with frustration and understanding emotions
- Developing healthy eating and exercise plans... and lots more!

This workshop is held live in a group format. Please plan to attend all sessions. **There will be a FREE GIFT for all who complete the series!!**



Medication Carry Case!

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