

WANT TO TAKE CHARGE OF YOUR CHRONIC PAIN?

REGISTER AT NO COST!

Become a Self-Manager!

- ✓ Highly interactive 6-week workshop
- ✓ Weekly 2 ½ hour sessions
- ✓ Gain support from others with similar health issues

Upcoming Workshop @ The Church of St. Andrew and St. Monica

Dates: Saturdays, May 3rd, 10th, (*skipping two weeks), May 31st, June 7th, June 14th, & June 21st

Time: 12:00pm -2:30pm

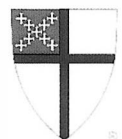
Where: The Church of St. Andrew & St. Monica, 3600 Baring Street, Philadelphia, PA 19104

KEEP IT MOVING – A CHRONIC PAIN SELF-MANAGEMENT PROGRAM

Do you have chronic pain or care for someone who does? Join this evidence-based six-week workshop and learn how to self-manage your pain! Topics include:

- ✓ How to take charge of your chronic pain
- ✓ Address symptoms such as fatigue, frustration, isolation, & poor sleep
- ✓ Increase involvement in daily tasks
- ✓ Learn about physical activity & healthy eating
- ✓ Learn how to use your mind, medication usage, and evaluation of treatments
- ✓ Communication skills
- ✓ Engage in action planning, decision making, and problem solving

**TO REGISTER, CONTACT:
JANICE JERVAY
267-847-9544**



Philadelphia Corporation for Aging supports this program through Title IIIID funds from the Pennsylvania Department of Aging. This program was developed at Stanford University and is now owned by Self-Management Resource Center, Inc.