



# Struggling with Chronic Pain?

Attend a virtual Chronic Pain PATH workshop with Zoom



**Chronic Pain PATH (Personal Action Toward Health)** is a FREE 6-week interactive workshop to learn how to manage your pain

## Topics include:

- ✓ The Mind-Body Connection and Distraction Techniques
- ✓ Pacing and Planning, Fatigue Management, Healthy Eating
- ✓ Breathing Techniques, Relaxation, Using your Mind
- ✓ The Moving Easy Program (gentle physical activity)
- ✓ Dealing with Depression, Positive Thinking
- ✓ Communication, Working with your Healthcare Provider
- ✓ Goal Setting, Decision Making, Problem Solving....and more!

**Past participant testimonial:** "I enjoyed this workshop very much. I learned that I am not alone in dealing with pain. I also learned to make action plans which gave me more confidence knowing I can get things done."

## How do participants feel after taking the workshop?

- 91% feel more confident managing their health conditions
- 100% would recommend the workshop to family and friends

## Upcoming Workshop

**Tuesdays, August 11 – September 15, 2020**

**10:00 am – 12:00 pm**

**Pre-workshop Zoom Orientation Tuesday, August 4 at 10:00 am**

**To register, call Tri-County Office on Aging at 517-887-1465**

Workshop is free of charge, but donations are accepted. Suggested donation is \$25 per person but it is not required to register.

Workshop is offered in partnership with MSU Extension