



NEED HELP MANAGING CHRONIC PAIN?

Attend a free 6-week workshop

Chronic Pain PATH (Personal Action Toward health) is an interactive workshop designed to help individuals with chronic pain improve their health and feel better.

Get on the PATH to better health!

Learn how to:

- Pace and plan for optimal energy
- Manage fatigue and improve sleep
- Problem solve and make decisions
- Deal with difficult emotions
- Avoid worst case thinking
- Make healthy food choices
- Increase physical activity
- Improve communication skills
- Action Plan
- Includes the Moving Easy Program!



UPCOMING WORKSHOP

Westside YMCA

3700 Old Lansing Rd. – Lansing (west side)

Meet in the Conference Room

Thursdays, March 14 – April 18, 2024

9:30 am – 12 noon

Workshop is free of charge, but donations accepted.

To register, call Tri-County Office on Aging at 517-887-1465
or email histedc@tcoa.org

For a full workshop schedule visit: <https://www.tcoa.org/classes/evidence-based-programs/>

