



"It's Your Life...Live it Well"

Take Control

Feel Better

Energize

Live

Enjoy

FREE! Chronic Pain Telephone Workshop

Join this FREE 6-week workshop and learn how to better manage your ongoing health condition!

Participants only need a phone, no other technology! Once a week, you just call our toll-free number to connect to the group call.



You will learn:

- Techniques to deal with frustration, fatigue, isolation & poor sleep
- Gentle exercises to help with pain
- Ways to improve your nutrition
- Appropriate use of medications
- Other helpful information for managing your pain day-to-day

Materials will be sent directly to participants at no cost and include *Living a Healthy Life with Chronic Pain*, a booklet of tips, and a relaxation CD.

**Mondays from 3-4pm
March 28 – May 2, 2022**

To register, call 860-887-3561 x 127 or

Email Lori at lrygielski@seniorresourcesec.org



Sponsored by the Senior Resources Area Agency on Aging, Connecticut State Unit on Aging and Connecticut Department of Public Health.