



DO YOU HAVE CHRONIC PAIN?

JOIN US FOR A NO-COST
CHRONIC PAIN
SELF-MANAGEMENT
PROGRAM

6-WEEK CLASS, TUESDAYS

BEGINS JULY 14
TIME 9:30AM - 12:00PM

REGISTRATION REQUIRED



Please scan the QR code to pre-register.
Q? Contact Kari Bell (904) 288-7855
kbell@rivergarden.org

WHO SHOULD ATTEND?

- Adults 60+

LEARN TO MANAGE YOUR PAIN

- Techniques to cope with fatigue, frustration, isolation and poor sleep.
- How to evaluate new treatments and communicate effectively.
- Appropriate use of medications.
- Nutrition tips to decrease inflammation.
- Exercises to safely increase circulation and flexibility.

Participants receive **FREE "Living a Healthy Life with Chronic Pain" book and the Moving Easy Program CD.**



Sponsored by Northeast Florida AHEC, ElderSource, and the Florida Department of Elder Affairs. Northeast Florida Area Health Education Center (NEFAHEC) a non-profit organization, works in partnership with ElderSource to improve the health and well-being of adults ages 60 and over. The nine programs listed are offered onsite, at no charge. The service area includes Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties.

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