

DO YOU HAVE CHRONIC PAIN?

Learn How to Manage Your Pain with The **FREE** Chronic Pain Self-Management Program

WHERE: Nassau COA- 1901 Island Walkway Fernandina Beach 32034

WHEN: Mondays 9:30 a.m. – 12:00 p.m.

DATES: May 6, 2019 – June 17, 2019

CONTACT: Sherri Cheshire, at Northeast Florida AHEC for pre-registration or information call (904) 482-0189

Who should Attend? People 60 years and up with chronic pain.

Pain is defined as being chronic or long term when it lasts for longer than three to six months, or beyond the normal healing time of an injury.

Participants of this **FREE** program also receive: the “Living a Healthy Life With Chronic Pain Book,” that includes the Moving Easy Program CD.

Classes meet once a week for six weeks and are meant to enhance, not replace existing programs and treatments.

Join us and learn: techniques to deal with problems such as fatigue, frustration, isolation, and poor sleep. How to evaluate new treatments, communicate effectively with health professionals, family, and friends. Appropriate use of medications and exercise for maintaining and improving strength, flexibility, and endurance. Pacing activity and rest and healthy eating tips to improve pain management.

