

# TAKE CONTROL of *YOUR* Pain!



## CHRONIC PAIN SELF-MANAGEMENT PROGRAM

### WHO COULD BENEFIT?

#### *Anyone 60 years or older who:*

- is living with a chronic pain
- is interested in symptom and medication management
- wants to learn proper exercise and nutrition
- wants to know what questions to ask

### YOU WILL LEARN TO:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Moving easy exercise and nutrition for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Pacing activity and rest
- Communicating effectively with family, friends and health professionals

### **\*\*UPCOMING WORKSHOP\*\***

#### **BUDA MUNICIPAL BLDG**

**405 E Loop St  
Buda TX 78610**

**Thursdays**

**March 7 – April 11**

**9–11:30 a.m.**

**REGISTRATION IS REQUIRED**

**Class size is limited**

**No Cost**

**REGISTER** for this six-week workshop  
online at:

**<http://ow.ly/MgNL30nuXW8>**

**[www.aaacap.org](http://www.aaacap.org)**

**Contact Jessica Martone at 512-916-6180**

