DO YOU HAVE CHRONIC PAIN?

Learn to manage your pain with the FREE Chronic Pain Self-Management Program

Join us and learn:

- 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 the **FREE** "Living a Healthy Life With Chronic Pain Book" & the Moving Easy Program CD

Who should Attend? People 60 years and up.

WHERE: Live Telephone Program

Call in using a landline or mobile phone.

Program materials and instructions are provided and mailed to pre-registered participants at no charge.

WHEN: Fridays, Sept. 25, - Oct. 30, 2020 at 9:30a.m.

***Class will not meet on Labor Day September 7.**

Join us, for the once weekly series of six live telephone calls.

Phone Registration Required:

Please call, Northeast Florida AHEC at

(904) 482-0189 or Toll Free at (877) 784-8486

NORTHEAST FLORIDA AHEC
New Directions in Community Health

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ElderSource
start here for help

Department of ELDER AFFAIRS
STATE OF FLORIDA

Sponsored by NEFAHEC, ElderSource and the State of 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 include Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties.*