

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” and Tool Kit, the Moving Easy Program and Relaxation CDs.

Who should Attend? People 60 years and up.

Location: St. Johns County Council on Aging.

351 Town Plaza Avenue, 2nd Floor, Ponte Vedra FL. 32081

WHEN: Tuesdays, May 3 - June 7, 2022

TIME: 2:00 p.m. - 4:30 p.m.

**CONTACT: Pam Brunell, Onsite or call
Northeast Florida AHEC at**

(904) 482-0189, or toll free 1877-784-8486 or



SCAN ME



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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 includes Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties.