

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.

Who should Attend? People 60 years and up.

Join us, for the once weekly series over the phone

Connect using a landline or cell phone.

Program materials & instructions mailed to pre-registered participants at no charge.

WHEN: Tuesdays, June 14 - July 19, 2022

TIME: 10:00 a.m. – 11:00 a.m.

CONTACT: Northeast Florida AHEC for registration & information at (904) 482-0189 or Toll Free (877) 784-8486 or



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. Programs offered at no charge. The service area includes Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties.