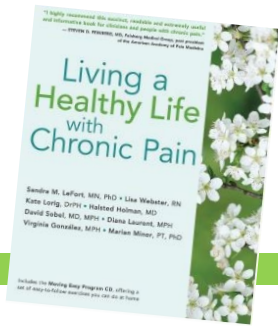


Chronic Pain Self-Management Program

Self-Management Workshops:

- Physical Activity
- Action-Planning
- Breathing Techniques
- Understanding Emotions
- Using Your Mind
- Sleep
- Healthy Eating
- And More!



****Participants get this textbook and other resources for free!**

No charge. Space is limited. Sign up today!

Who is Eligible?

- 60+ living with chronic pain
- 60+ caregiver/family member of someone living with chronic pain

To register:

Megan at 717-855-0437

Upcoming class:

**Where: York County at Pleasant Valley Road
2401 Pleasant Valley Road, York 17402**

**When: Thursdays
July 14—August 18, 2022**

Time: 9:30am—12pm

“This program was a solid 10. I have been in pain for the last 12 years. I have learned more about living with pain with this course than I have in the previous 12 years living with the pain. It was great taking this course with other people who have similar experiences. When I started this program I experienced a pain level from 6-10. Now that I'm applying the program my pain levels have dropped to a level of 4-6. I would recommend this program to anyone that has to live in pain.”— Mike M.



The Diabetes Self-Management Program, an evidence-based Stanford Self-Management Program developed at Stanford University, and is supported by grant number 90CS0053-01-00 to Health Promotion Council from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grants undertaken in projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.