

Chronic Pain Self-Management Program

The **Chronic Pain Self-Management Program** is an evidence-based workshop that has been proven to:

- Improve energy and mental health
- Decrease pain levels and dependence on others
- Increase involvement in everyday activities
- Improve overall life satisfaction

Who should consider taking the Chronic Pain Self-Management Program?

People who have a primary or secondary diagnosis of chronic pain, and would like to improve their condition.

Acknowledging that overcoming chronic pain is a daily challenge.



6 Week Self-Management Course

Wednesdays May 8- June 12, 2019

1:00-3:30pm

Aurora Wellness Center 300 McCanna Parkway Burlington, WI 53105

FREE

To register, call 800-499-5736 or visit aurora.org/events and search using the key word "pain"

