

YOU ARE INVITED TO ATTEND LIVING HEALTHY, CHRONIC PAIN SELF-MANAGEMENT CLASS A FREE AND FUN SIX WEEK PROGRAM TO HELP YOU LIVE A HEALTHIER LIFE !



Thursday

2:00 pm — 4:30 pm

Sept 20—Oct 25, 2018

Five Points Center for Active Adults

2000 Noble Road

Raleigh, NC 27608

Limited space! Call today!

Living Healthy Chronic PAIN Self Management workshop will help you:

- ***Learn how to manage pain or fatigue***
- ***Learn how to increase activity and confidence***
- ***Learn how to eat healthy***
- ***Feel better and take charge of your Life!***

**To register, contact:
Gwen Vinson
919-302-1675
gvinson@wakedocs.org**

Take CONTROL of your Pain!



**LIVING
HEALTHY**

**FEEL BETTER
TAKE CHARGE**