

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 !



Monday

1:00 pm — 3:30 pm

September 17-October 22, 2018

Johnston County

Health Department

517 N Brightleaf Blvd

Smithfield, NC 27577

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!***



**LIVING
HEALTHY**

**FEEL BETTER
TAKE CHARGE**

To register, contact:

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919-989-5200

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Take CONTROL of your Pain!