

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 !



Tuesday

9:00 am — 11:30 pm

August 21—September 25, 2018

Jordan Oaks Retirement Community

10820 Penny Road, Cary, NC 27518

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:

Samantha Salz

919-387-8250

Samantha.salz@holidaytouch.com

Take CONTROL of your Pain!



**LIVING
HEALTHY**

**FEEL BETTER
TAKE CHARGE**