

Living Healthy with a Chronic Pain Workshop

Every Tuesday morning starting

July 25, August 1, 8, 15, 22 and 29, 2017
9:00 a.m. – 11:30 a.m.

Location: McDowell County Senior Center
100 Spaulding Rd, Marion, NC 28752

Attendees need to attend at least 4 out of 6 sessions. If someone attends all 6 sessions, they will receive a free pedometer.

This workshop:

- will take place once a week for 6 weeks. Each session is 2 ½ hours long, each session is facilitated by 2 trained leaders who follow a detailed manual, so that each workshop is highly consistent.
- is appropriate for people living or caring for someone with a wide variety of chronic health conditions, such as arthritis, diabetes, heart disease, and other or multiple chronic conditions.



The 6-week course is FREE!

Also, you will receive a book, cd and snacks

To Register: Contact Brenda Monosso and register for the Living Healthy with Chronic Pain series - **(828) 659-0821**

Last Day to Register: July 21, 2017

Any questions? Contact: Danielle Williams, dwilliams@regionc.org

Sponsored by Region C – Area Agency on Aging and McDowell Senior Center