



Chronic Pain Self-Management **Power over Pain**

Now is the time to do something about it!

1 in **5** people live with chronic pain

Join your peers age 60 and over at this **FREE evidence-based program.** Learn tools that support you in reaching your personal goals to manage chronic pain.

Program meets once a week for 6-weeks.

Must Register as space is limited.

Contact: **Ellen Williams** at williamse@co.delaware.pa.us or call **610-499-1937.**

Deal with frustration, fatigue, isolation and poor sleep

Learn Exercises to improve strength, flexibility and endurance

Use medications effectively

Communication

Nutrition

Evaluate new treatments

On-Line Program
Thursdays
9/24/20 - 10/29/20
9:30 a.m. to 12 noon