



Struggling with Chronic Pain?

Tri-County Office on Aging invites you to participate in a
6-week workshop called Chronic Pain PATH

(Personal Action Toward Health)

Michigan's version of the award-winning *Stanford University Chronic Pain Self-Management Program*

Chronic Pain PATH workshops are offered to learn about...

- The Mind-Body Connection and Distraction Techniques
- The Moving Easy Program
- Better Breathing and Relaxation Body Scan
- Fatigue Management
- Dealing with Depression and Positive Thinking
- Communication Skills
- Healthy Eating
- Goal Setting, Decision Making, Problem Solving....and more!

Upcoming Workshop

Physicians Health Plan

1400 E. Michigan Ave- Lansing

Meet in the Board Room

Mondays, November 5 – December 10

6:00 – 8:30 pm

Workshop is FREE to PHP members

A book and healthy snack will be provided

To register, call PHP at 517-364-8466

