



# Living Well with Chronic Pain

Manage your chronic pain and get on with living a satisfying, fulfilling life



**When you have chronic pain,** every day can be a challenge. This workshop helps you discover strategies for managing your pain.

Participants make weekly action plans, share experiences and help each other solve problems as they carry out their plan.

Topics include communicating with doctors and family, mind-body connections, benefits of physical activity and more.

**For information** or to register, contact:  
**To sign up or learn more, contact:**  
**ElderCircle 218-999-9233, ext. 282 or**  
[danielle@eldercircle.org](mailto:danielle@eldercircle.org).

## Upcoming virtual class

Thursdays

February 3, 10, 17, 24, March 3, 10  
10:30 AM – 1:00 PM

*This class will be taught virtually. Participants will receive instructions in advance of the first class*

## Registration is required by January 25

**This class is free!** All participants will be mailed a copy of the book, "Living a Healthy Life with Chronic Pain."

Leaders Danielle Hawkinson & Lauren Pipkin

This class is valued at \$170 per person.

Juniper is a statewide network that helps people manage chronic health conditions, prevent falls, and foster well-being.

[yourjuniper.org](http://yourjuniper.org)

Toll Free 1.855.215.2174



# Fairview