

CHRONIC PAIN PATH PROGRAM

Helping you take charge of your chronic pain

Chronic Pain PATH (Personal Action Toward Health) is a program led by certified instructors that is designed to provide skills and tools to help people living with chronic pain (and their support system) live a healthier life.



FREE
6-WEEK
WORKSHOP

Learn how to:

- challenge myths about dealing with pain
- master techniques to deal with frustration, fatigue, isolation and poor sleep
- pace yourself around activity and rest
- exercise appropriately to maintain or improve strength and endurance
- use medication wisely
- work effectively with family and health care providers

 **SIX-WEEK WORKSHOP AVAILABLE**



During registration, please indicate if you need special accommodations in order to participate. It will be held in-person at **Western Wayne Family Health Center in Inkster, MI**. Since this is a full six-week workshop, new participants are unable to join after the second week.

DAY	INFO SESSION (STRONGLY ENCOURAGED)	START DATE	END DATE	CLASS TIME	LOCATION
Wed.	Oct. 5	Oct. 12	Nov. 16	3:30–6 p.m.	WWFHC - Inkster 2700 Hamlin Blvd. Inkster, MI 48141



TO REGISTER FOR ONE OF THESE WORKSHOPS,
Please call **800-633-7377** or visit **classes.beaumont.org**

