



Living Well with Chronic Pain

Offered in Partnership with Wabasha County Senior Action Team including representation from ACE Brain Fitness, Elder Network, Three Rivers Community Action, Saint Elizabeth's Medical Center, Wabasha Ambulance, Wabasha County Public Health, SHIP, United Way of Wabasha County, and community citizens



Register Today at www.wellconnectsemn.org

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Are you looking for new ways to better manage your chronic pain?

ABOUT: Living Well with Chronic Pain is a group workshop designed to help you live a healthy life with your chronic pain by managing your symptoms. Participants set goals and make a personalized plan to improve their health. Workshops are interactive and focus on peer support.

TIME: Tuesdays February 6 – March 13 9-11 a.m. Cost is \$20

LOCATION: Maple Grove Apartments

CONTACT: For questions about this program call Lyn at 651-565-5200 or WellConnect at 507-251-3835