



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. Past participants report improvement in exercise, cognitive symptom management, and general health.

For more information or to register contact:

Tory at Eastwood Life Enrichment Center at (320) 679-4789 ext.102 or by email at tory@morahra.org

Registration required by April 15, 2019.

Catholic Charities is providing a Living Well with Chronic Pain Workshop which is being held at Eastwood Life Enrichment Center:

160 Valhalla Circle, Mora, MN 55051

Classes are held each Monday from 1:00-3:30 PM starting April 22 – June 3, 2019 (no class 5/27).

Classes are held 1 time a week for 6 weeks - 2.5 hours each session for adults age 60+.

There is a free will donation suggested to participants for classroom materials.

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

To register online visit: yourjuniper.org

Toll Free 1.855.215.2174

