



Living well despite

CHRONIC PAIN

- **You don't have to let pain rule your life!**
- Join us for 12 weeks as we explore strategies to better cope with chronic pain.
- Expand your "toolbox" of how to manage the many mental, emotional, and even physical ways in which pain affects your daily living!
- Gain valuable social support
- Ages 18-64
- We accept both insurance and a cash pay rate of \$40/session

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Thursdays from 11:00am to
12:00pm
Group openings take place monthly

