

TIME TO LIVE WELL

By: Jenny Flynn, Bassett Healthcare Living Well Program



**Join a supportive community to improve your health.
Sign up today.**

The *Living Well with Chronic Pain* 7-week workshop series helps participants gain confidence in their ability to control symptoms. Helpful information and practical skills for managing chronic pain are provided. Caregivers can attend.

Program participants receive a book and audio CD to support the need to learn more. Trained peer leaders facilitate the interactive workshop that complements your current care.

New opportunity! Participate via computer or phone with *Living Well with Chronic Pain* workshops offered 9:30am-12pm on Fridays starting 3/27 OR on Tuesdays starting 3/31 (choose one). Call or email for details.

Living Well with Chronic Pain

Wednesdays 9:30am-12pm starting 3/25/2020 at the Eaton Center, Norwich

There is no charge for the workshop series, just a commitment to meet for 2.5 hours once a week for seven weeks and willingness to learn more about your health. Registration required.

To learn more or enroll: call 607-547-3948; email livingwellsessions@bassett.org; or visit: www.bassett.org/livingwell. Follow the Living Well Program on Facebook at www.facebook.com/BassettLivingWell.