

FREE

A Healthier YOU

Chronic Pain Self-Management™

Offered by the Area Agency on Aging of Central

Master the Tools to Make Living with Chronic Pain More Manageable.



Topics will include:

- Taking care of YOU!
- Stress Reduction.
- Communication with family and friends.
- Mastering difficult decisions.
- When to embrace change.

Where:

**Harker Heights Recreation
Center**

307 Miller's Crossing

When:

Friday Mornings

10:00 am-12:00 pm

**January 14, 21, February 4, 18,
March 4 & 11**

RSVP Required:

254-770-2346

Theresa Mireles

