

HEALTHLINK COMMUNITY OUTREACH

1-800-515-0044 • [umuch.org](http://umuch.org)

# Living Well: Chronic Pain Self-Management

Nearly one-third of people live with chronic pain. It can be debilitating and lead to isolation and depression. This **FREE** six-week program can help participants better manage their chronic pain and help them feel better, move better and improve their quality of life.

We can help you:

- Understand and manage common chronic pain symptoms and problems
- Learn to balance physical activity and rest
- Communicate better with family, friends and health care professionals
- Learn how to evaluate treatment decisions and manage medications
- Plan for the future: fears and reality

## Program Details

**January 7 - February 11, 2020**

Tuesdays 1:00 pm - 3:30 pm

Aberdeen Court

901 Barnett Lane, Aberdeen, MD

**April 23 - May 28, 2020**

Thursdays 5:00 pm - 7:30 pm

UM Upper Chesapeake Medical Center  
Pavilion II Suite 513

510 Upper Chesapeake Dr, Bel Air, MD

Caregivers welcome!

**Call Healthlink at 800-515-0044 for more information and to register.**

