

For more information or to register contact:

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In partnership with:



## Rediscover the Joy of Living Today!

Join us for a series of six fun, interactive, and free **Chronic Pain Self-Management** workshops. Explore new ways to manage your symptoms, set your own goals, make a step-by-step plan to improve your health and take charge of your life!

Topics include:

- Communicating with doctors and family
- How to evaluate new treatments and medications
- Mind-body connections
- Benefits of physical activity and healthy eating

**When:** Wednesdays, 11:30am-2:00pm  
September 18 – October 23, 2019

**Where:** Main Street Multipurpose Room  
Lutheran Village at Miller's Grant  
9000 Fathers Legacy  
Ellicott City, MD 21042