

The Yeadon Public Library Presents:



PA FORWARD

PENNSYLVANIA LIBRARIES



Chronic Pain Self-Management **Power over Pain**

Now is the time to do something about it!

1 in **5** people live with chronic pain

Join peers age 60 and over at this

Free On-Line evidence-based program.

Learn tools that support you in reaching your personal goals to manage chronic pain. Program meets 2 ½ hours once a week for 6-weeks.

Must Register as space is limited.

Contact: **Ellen Williams** at
williamse@co.delaware.pa.us
or call **610-499-1937**



Deal with frustration, fatigue, isolation and poor sleep

Learn Exercises to improve strength, flexibility and endurance

Use medications effectively

Communication

Nutrition

Evaluate new treatments

Upper Chichester Township Recreation

Free On-Line

Mondays

11/16/20 - 12/21/20

9:30 a.m. to 12 noon

Call **610-499-1937**