



Online Chronic Pain PATH

(Personal Action Toward Health)

This program is **FREE**
& held on Zoom!

MONDAYS:

2:00-4:00 PM

March 4 - April 15

Register Here:

<https://events.anr.msu.edu/CPPATHMar/>

Zoom links will follow
after registering

For more info, contact:

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Extension Educator

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Chronic Pain PATH is a six-week workshop supporting individuals who face daily challenges of living with chronic pain.

Discussion topics include:

- ◆ Ways to talk to family and friends about chronic pain
- ◆ How to manage medications, prevent misuse, and communicate with health professionals
- ◆ Ways to deal with frustration and understanding emotions
- ◆ Developing healthy eating and exercise plans... and lots more!

This workshop is held live in a group format. Please plan to attend all sessions. Video and audio are required to participate.

