

LIVING IN PAIN?

Pain Management Workshop Coming to Manistique

**Arthritis? Back Pain?
Fibromyalgia?
Other Pain Issues?**

The PATH for Pain Management Program helps people living with chronic pain to learn the skills they need to manage their symptoms and learn from others faced with similar challenges.

COME AND JOIN US!!!!



Let us help you manage your concerns:

- * Lack of Energy
- * Sleep Problems
- * Stress
- * Healthy Eating
- * Communication
- * Treatment Decisions
- * And much more
- * Fatigue
- * Depression
- * Pain
- * Staying Active
- * Medications

**Sessions to be held in the Education
Room at SMH Medical Office
Building (OLD RHC)
Upper Right Entrance**

- Meet once a week for 6 weeks
- Tuesdays
- 4:00pm-6:30pm PM
- January 8th – February 12th
- No cost to attend

**To register for this class, or to be notified of future classes,
Call SMH Rehab Services 906-341-3254**

Program administered by

