




# Living Well with Chronic Pain



Manage your chronic pain and get on with living a satisfying, fulfilling life

**When you have chronic pain,** every day can be a challenge. This workshop helps you discover strategies for managing your pain.

Participants make weekly action plans, share experiences and help each other solve problems as they carry out their plan.

Topics include communicating with doctors and family, mind-body connections, benefits of physical activity and more.

**For information** or to register, contact:

To register online, visit **[yourjuniper.org](https://yourjuniper.org)**

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**Juniper** is a statewide network that helps people manage chronic health conditions, prevent falls, and foster well-being.

**[yourjuniper.org](https://yourjuniper.org)**

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