



NEED HELP MANAGING CHRONIC PAIN?

Attend a free 6-week workshop

Chronic Pain PATH (Personal Action Toward health) is an interactive workshop designed to help individuals with chronic pain improve their health and feel better.

Get on the PATH to better health!

Learn how to:

- Pace and plan for optimal energy
- Manage fatigue and improve sleep
- Problem solve and make decisions
- Deal with difficult emotions
- Avoid worst case thinking
- Make healthy food choices
- Increase physical activity
- Improve communication skills
- Action Plan
- Includes the Moving Easy Program!



UPCOMING WORKSHOP

ALIVE

800 W. Lawrence Ave. - Charlotte

Wednesdays, September 23 - October 28, 2026

1:15 - 3:45 pm

Workshop is free of charge, but donations accepted.

**To register, call Tri-County Office on Aging at 517-887-1465 or
email histedc@tcoa.org**

For a full workshop schedule visit: <https://www.tcoa.org/classes/evidence-based-programs/>

Workshops made available in whole or part with funding from the Federal Older Americans Act and MDHHS/Bureau of Aging, Community Living, and Supports through the TCOA.

