

# Healthier Living

## with Chronic Pain

An award winning program developed by Stanford University to help participants live a happier, healthier life !



### 6 Sessions (Thursdays)

Sign-up for this FREE workshop today!

**DATES:** June 28 – August 2, 2018  
6/28, 7/5, 7/12, 7/19, 7/26, 8/2

**TIME:** 9:30AM – 12:00PM  
(20 minute break in middle)

**LOCATION:** Fallbrook Regional Health  
District Wellness Center  
1636 E. Mission Rd.  
Fallbrook, CA 92028

### Who can benefit?

- Anyone with an ongoing health condition
- Family members or caregivers of someone with an ongoing health condition

### FOR MORE INFO, CONTACT:

**760 (858) 495-5500 731-9187**

**Please leave a message,  
your call will be returned.**

### During 6 classes, you will:

- Enjoy a small group led by peers trained in self-management
- Discover ways to better manage your health challenges and lessen their impacts on your life
- Explore ways to reduce fatigue, anxiety, sleep loss and pain
- Set goals and problem-solve to make positive changes

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