

Presented by:
NACOG-Area Agency on Aging
and
CLUB YARNELL



Healthy Living with Chronic Pain - Workshop At Yarnell Regional Community Center

Healthy Living with Chronic Pain Workshop will provide evidence-based information and support to assist you in managing your pain. This fun, interactive, 6-week workshop will offer a variety of different activities and tools to improve your quality of life.



- Pacing; Balancing Activity & Rest
- Making a Difference by Eating Better & Getting Better Sleep
- Dealing with Sadness, Anger & Frustration
- Communication & Chronic Pain
- “Moving Easy” exercises

Location: Yarnell Regional Community Center 22302 Broadway, Yarnell, AZ 85362

Workshop Dates: **Thursdays, May 18– June 22, 2017 1:00 pm to 3:30pm**

To register contact

Kim Lytle

or

Jerry Florman

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Services are funded by the Older Americans Act, SSBG Funds, and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security (DES), Division of Aging and Adult Services (DAAS) to Area Agencies on Aging Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, *Area Agency on Aging NACOG* prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Area Agency on Aging NACOG must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities.”