



AVIVA HEALTH

Chronic Pain Self Management 2020

Gain New Skills and Live Well!

- Set goals and achieve the things **you** want to do
- Manage your physical, mental and emotional changes due to pain
- Improve strength, endurance, flexibility and balance
- Deal with stress, isolation, poor sleep
- Make informed decisions, communicate effectively
- Eat healthy and boost your activity level without pain
- Set goals, enjoy success and experience pleasure in your life!

Fridays, 9:00 - 11:30 am
January 31st - March 6th, 2020

Aviva Health - 150 NE Kenneth Ford Dr., Roseburg
(Across from Costco Gas Station)

FREE Workshop Series - Register Today!

Cindy: 541-672-9596, ext. 430 or cnorona@aviva.health

BEGINS JANUARY 31, 2020