



Online Chronic Pain PATH

(Personal Action Toward Health)

This program is **FREE**
& held on Zoom!

MONDAYS: 1-3PM

this fall from

October 12 -

November 23

To **REGISTER**, click:

[https://events.anr.msu.edu/
fallseries/](https://events.anr.msu.edu/fallseries/)

Zoom links will follow
after registering

For more info, contact:

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Chronic Pain PATH is a six-week workshop supporting individuals who face daily challenges of living with chronic pain.

Discussion topics include:

- ◆ Ways to talk to family and friends about chronic pain
- ◆ How to manage medications, prevent misuse, and communicate with health professionals
- ◆ Ways to deal with frustration and understanding emotions
- ◆ Developing healthy eating and exercise plans... and lots more!

This workshop is held live in a group format. Please plan to attend all sessions.

There will be a FREE GIFT for all who complete the six-week series!



Medication Carry Case!

Funding supported by a State Opioid Response grant from the Michigan Department of Health and Human Service.

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