

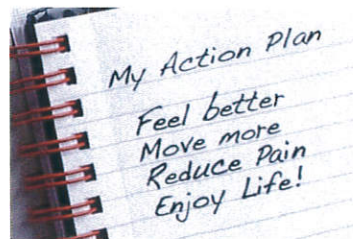


Free Living a Healthy Life with Chronic Pain Program

WHEN: Mondays
November 8, 2021- December 13, 2021

TIME & LOCATION:
9:00 am- 11:00 am

Platte County Senior Center
11724 NW Plaza Cir., #700
Kansas City, MO 64153
816.270.4100



REGISTRATION REQUIRED:

Contact: Amy Vance MS, DTR
254-206-1737
or email:
avyogaandwellness@gmail.com

COST:
FREE - Participants will receive a book, *Living a Healthy Life with Chronic Conditions*

Subjects covered include:

- Role of nutrition & physical activity in self-management
- Managing pain, fatigue, difficult emotions & depression
- Medications & making treatment decisions
- New ways to communicate with family, friends & healthcare providers
- Weekly action planning & problem solving ...and more!
- Interactive, where support and success builds confidence in your ability to manage your health while maintaining an active and fulfilling life
- Confidential and protected by the Privacy Act

Supported by:
KC Regional Arthritis Center at
Saint Luke's Hospital



**we do
CDSME**

because it works

Supported by:

PLATTE

COUNTY SENIOR FUND

**Platte
Senior Services Inc.**