**Resource for Adults in Eugene/Springfield Living with Chronic Pain!**

Learn how to live a better life with Stanford University’s:

***“Living Well with Chronic Pain”***



* ***Free***6-week program
* Manage stress and improve the ability to relax
* Fight fatigue and frustration
* Eat better and exercise safely
* Control pain and improve activity
* Improve communication with your health care provider and family
* Solve problems and get the support you need

**Fridays December 7- January 11, 2018**

**11:30 AM- 2:00 PM- feel free to bring a lunch!**

**Cottage Grove Community Center- Shepherd Room**

**700 E. Gibbs Ave. Cottage Grove Oregon 97424**

**CALL (541) 682-4103 to register;   
SPACE IS LIMITED**

**Some transportation and childcare assistance is available; ask for more information.**

**Snacks are provided. Location is wheelchair accessible; ASL interpreting and other accommodations are available upon request.**

**This program brought to you through collaboration and support from:**



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