

Do you live with challenges and complications as a result of chronic pain?

Join us for a ***free*** six-week
Living a Healthy Life with Chronic Pain workshop.

DATES **Every Thursday**
From January 9 - February 13, 2020

TIME **1:30 to 4:00 p.m.**

LOCATION **Mark Street United Church**
90 Hunter Street, Peterborough
The Parlour

Pre-registration is *required*, for more information:
Call 1-866-971-5545 or register online at www.ceselfmanagement.ca

Central East LHIN
Self-Management Program

Self-Management Program Ontario