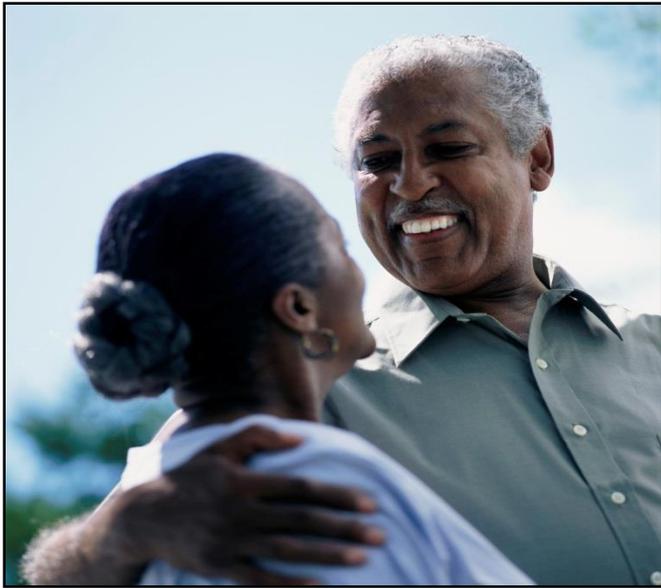


# Do you have Chronic Pain?

## Join us for Chronic Pain Self Management (CPSM)



### What is CPSM?

CPSM is designed to provide the skills and tools needed by people living with chronic pain to improve their health and manage their pain. As a result, people are better equipped to face the daily challenges of living with a chronic pain. Two trained leaders conduct the workshop (one or both may have a lifelong chronic pain).

### Testimonial

“The people start to interact and ask questions of each other, giving each other tips on how and where to find answers to their questions. They don’t want the workshop to end!” *Alberta, Participant*

*A fun, FREE interactive workshop that helps participants improve their health and feel better. Snacks are provided!*

### What’s In It For You?

Learn how to:

- Deal with the challenges of not feeling well
- Talk to healthcare workers and family members
- Overcome stress and relax
- Increase your energy
- Handle everyday activities more easily
- Stay Independent

### How do You Get on the PATH?

**Location:** Bay County Building, Ground Floor  
515 Center Avenue  
Bay City, Michigan 48708-5124

**Time:** Tuesdays 1:00-3:30pm

**Dates:** May 13, 20, 27 June 3, 10, 24

**Registration and Questions:**

To Register Call Dawn Earnesty at 989-758-2514



Michigan Partners on the **PATH**  
[www.MIHealthyPrograms.org](http://www.MIHealthyPrograms.org)

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