

# LET'S TALK WELLNESS SERIES: MANAGING CHRONIC PAIN



## MANAGING CHRONIC PAIN

In this 6-week session, learn practical tools to help manage your chronic pain.

We will talk about how little lifestyle changes in areas of sleep, nutrition, and exercise and stress management can make a big difference in managing chronic pain.

We will then put it all together to live your best life.

Call 763-684-7025 for more information.

**February 24 –**

**March 31**

**Wednesdays**

**3-4 p.m.**

**Let's Talk Wellness  
Series: Managing  
Chronic Pain**

**Register in advance  
for this meeting:**

[Click here to register](#)

**<https://us02web.zoom.us/j/8446121270>**

