



# TAKE CONTROL OF YOUR HEALTH



## 6-Week Chronic Pain Self-Management Program

Do you struggle with chronic pain, such as back pain, arthritis, and headaches? Learn what you can do to manage your health at this 6-week Chronic Pain Self-Management Program. Topics covered include healthy eating, medication usage, communicating with friends and family, and much more!

### Thursdays

September 19 – October 24

**1:00 – 3:30 PM**

### East Brunswick Public Library

2 Jean Walling Civic Center,  
East Brunswick, NJ 08816

Registration is required.

Please call the library's  
Information Desk to register  
at 732-390-6767.

