Chronic Pain Self-Management Program

Are you interested in learning how to better manage your chronic pain?

Chronic Pain classes are **NOW** available at U.S Vets-Las Vegas

The Chronic Pain Self-Management Program is held once a week for 6 weeks for 2.5 hours, taught by two trained leaders. It's time to take control and learn better ways to manage your Chronic Pain!

**During the program you will learn:**

- Making Friends that will Support you
- Healthy Eating
- Dealing with Stress and Pain
- Problem Solving
- Dealing with Depression and Positive Thinking
- Mind to Body Connection
- Communicating and Following your Doctors
- Weekly Goal Setting

**OLL! at UNLV**
851 E Tropicana Ave Las Vegas NV 89119
Group meets every Friday, starting September 27- November 8th
Session starts from 1:00P.M-3:30 P.M
Please call 702-774-6554 to Register!