



*It's my health.  
It's my life.*

**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**

**TIME**

**LOCATION**

**Pre-registration is *required*, for more information:  
Call Karen: 705-745-5382 ext.2352.**



**Self-Management Program  
Central East**



**Peterborough  
Public Library**