



Living Well With Chronic Pain

Join us for a FREE six week
(1x/week for 2 ½ hrs)
workshop to help put life
back in your life!

Wednesdays, Feb 14th-Mar 21st



Living Well workshops are fun, interactive classes that provide you with tools for managing your chronic pain and living a healthy life. Receive a free book at your first class!

Sponsored by:

The Public Health Foundation of
Columbia County, Community
Action Team and NW Senior and
Disabilities

Sign Up Now!

Time: 1:00pm - 3:30pm

Location of Workshops:

Sunset Park Community Church
174 Sunset Blvd, Saint Helens, OR 97051

Who: Anyone living with chronic pain and caregivers/ family members of people living with chronic pain. All ages welcome.

To Register: Call Claire Catt with Public Health at 503-397-4651 Ext 2016.



“I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn’t do. Living Well Workshops put ME back in charge.”