

FREE

HEALTHIER LIVING WITH CHRONIC PAIN WORKSHOP

Learn to live a healthier life with chronic pain. Learn to reduce stress, eat well, exercise safely, stay healthy, and more. Set goals and stick to them!

6 WEDNESDAYS, FEB 2, 9, 16, 23; MAR 9, 16, 2022*1-3:30PM VIA ZOOM

For more information and to register, please contact:

Charlie Seltzer @ 707-472-7640 or Susan Era @ 707-671-5939

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An SMRC Evidence-Based
Self-Management Program
originally developed at
Stanford University.

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