

Keep It Moving: Chronic Pain Self-Management Program

Take Charge of Your Pain!

FREE 6 WEEK HEALTH PROGRAM



- **FREE TEXTBOOK**
- More **ENERGY**
- Less Dependence on Others
- Improved Mental Health
- Greater Involvement in Everyday Activities

CLASSES HELD FRIDAYS

October 13, 2017-
November 17, 2017

TIME

9:00 am to 11:30 am

**TO REGISTER CONTACT:
FATIMA JACKSON**

215 – 848 –7722 EXT 305

OR E-MAIL:

INFO@CENTERINTHEPARK.ORG



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PCA

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