



# Healthier Living with Pain

## *A FREE series of six classes*

Living with ongoing pain is not always easy. Learn practical ways to reduce your symptoms, stay active, manage stress and practice setting small achievable health goals, all in a relaxed, friendly atmosphere.

*You can feel better!*

**Community Health Centers of Burlington**

**617 Riverside Ave**

Six Mondays, 4:30pm - 7:00pm

April 30 - June 4, 2018

Space is limited.

**TO REGISTER, CALL ERIN 847-7255**

This program is a collaboration with CHCB and UVM Medical Center.



[www.chcb.org](http://www.chcb.org)