



**TARRANT COUNTY PUBLIC HEALTH
PRESENTS**



You Are invited to a Chronic Pain Self-Management Workshop

This is a **free** program that focuses on the following:

- Dealing with frustration, weakness, pain and loneliness
- Exercises that help you feel better longer
- Medicine and using it the right way
- How to tell family, friends and doctors what you feel
- What to eat
- Making good, healthy decisions
- New treatment choices

Location: Tarrant County Public Health
Dr. Marion Brooks Building
1101 S. Main Street
Fort Worth, TX 76104

Time: 5:30pm-7:30pm

Dates: February 11, 18, 25, March 3, 10, 17

(Meets once a week for 2 hours)

Register: selfmanager@tarrantcounty.com or call

Hilda: 817-238-4442

No new participants accepted after February 18th



Tarrant County Public Health

Accountability. Quality. Innovation.



A healthier community through leadership in health strategy

