



**Saskatchewan
Health Authority**

LiveWell with Chronic Pain

Are you living with Chronic Pain?

Do you live with any type of chronic pain such as ongoing back pain, fibromyalgia, arthritis, joint pain, ongoing headache?

LiveWell with Chronic Pain workshops help you build confidence to manage and cope with your pain.

You Are Not Alone!

Community Clinic 424, First Avenue North	January 9–February 12, 2019	10:00am-12:30pm Wednesdays
Sobeys Stonebridge	March 20–April 24	6:30-9:00pm Wednesdays
Sobeys (8th and Cumberland)	May 14–June 18	1:30-4:00pm Tuesday

**LiveWell with Chronic Pain
306-655-LIVE (5483)**

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