ADRC
Aging and Disability Resource Center
of Racine County

THE AGING & DISABILITY RESOURCE CENTER OF RACINE COUNTY PRESENTS:

LIVING WELL WITH CHRONIC PAIN

Six Weeks. Fifteen Hours. A healthier you from the comfort of home.

WHAT YOU'LL LEARN:

- Build confidence with:
  - Short-term goal setting
  - Relaxation techniques
  - Partnering with your healthcare providers
  - Fitness, exercise and fun
- Virtual Living Well with Chronic Conditions - Mondays
  - December 1, 2025 - January 12, 2026
  - 9:30am - Noon
  - No Class on December 29th

Limited Spots Available

Sign Up Today!

Open to those age 60+

TOPICS INCLUDE:

- What is pain?
- Sharing/problem solving
- Healthy eating
- Stress and depression management
- Pain and fatigue management

ONE TIME SUGGESTED CONTRIBUTION OF $10 FOR BOOK

RESERVATIONS REQUIRED.
CALL RUTH: 262-833-8764

wiha
Wisconsin Institute for Healthy Aging