



CHRONIC PAIN WORKSHOP

ADRC and the YMCA are collaborating to provide the community with a workshop on chronic pain. This is a 6-week course for ages 60+ A suggested donation of \$20, includes resource book & class materials.



**DECREASE
PAIN**



**IMPROVE
ENERGY**



**COPING
WITH
PAIN**



**QUALITY
OF LIFE**

WHEN

**Wednesday Mornings
Sept. 3rd – Oct. 8th
9:30AM – 12PM**

WHERE

**Ironworks
Conference Room**

Register by August 27th, 2025, by calling Lisa Messer at the Rock County

ADRC: 608.757.5309

or email:

lisa.messer@co.rock.wi.us