

**REGISTRATION OPEN!**



# CHRONIC PAIN Workshop

A Community Cancer Center - Healthy Lifestyle Program

**FREE**  
WORKSHOP

**Thursday's**

**10:00 am - 12:00 pm**

**held @ 2<sup>ND</sup> Floor Conference Room B & C**

**CALL FOR DATES AND PROGRAM DETAILS**

**541-672-0072**

A 6-week Self-Management workshop for individuals living with CHRONIC PAIN  
led by trained staff | gain insightful skills | build self-management tools

Participants meet weekly on Thursday's for six consecutive sessions. During each session participants will learn skills to manage their symptoms for an improved quality of life.

**WORKSHOP SIZE LIMITED | REGISTRATION REQUIRED**

To register in person or for more information about CCC programs visit:  
our Outreach Program Office - 2<sup>ND</sup> Floor, Suite 204  
Phone: 541-672-0072  
Email: [AFreeman@CCCRoseburg.org](mailto:AFreeman@CCCRoseburg.org)