Join us for a 2½ hour Living Healthy Workshop, held each week for six weeks. You will learn from trained volunteer and professional leaders who will help you set goals and make a step-by-step plan to improve your health and your life.

This workshop helps people who are experiencing a wide range of chronic pain conditions such as:

- Musculoskeletal pain
- Whiplash injury
- Fibromyalgia
- Repetitive strain injury
- Neck pain
- Chronic knee pain
- Post stroke
- Neuropathic pain & others.

*You must be able to attend all 6 sessions.*

**SPACES ARE LIMITED; REGISTER BY TUESDAY, 8/9!**

**Contact:** Sharri Benjamin • 704-944-6753 or sharri.benjamin@charlottejcc.org