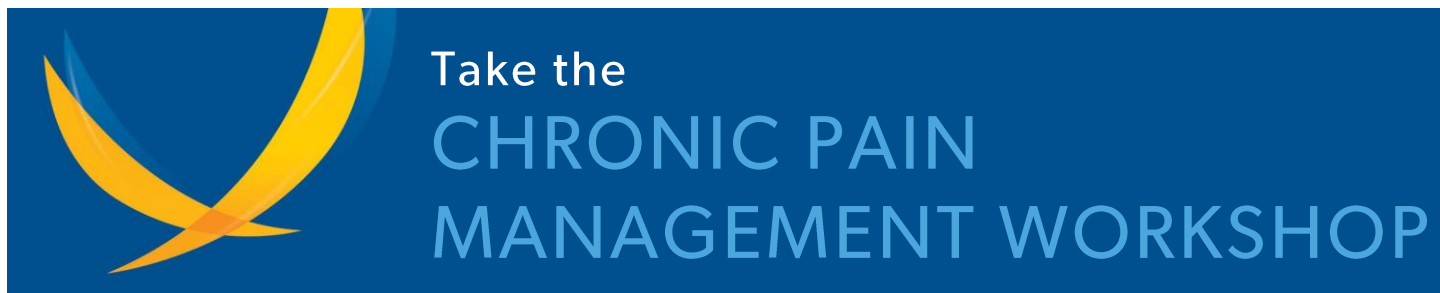


For pain relief, WE CAN SHOW YOU THE WAY!



There are many ways to manage arthritis pain. The Chronic Pain Management Workshop is a two-hour program that gives you the tools to help control the pain of your disease.

You will learn about the types of arthritis pain and how to take an active role in your treatment. From helpful tips, to an overview of the different medications used to treat arthritis, our trained instructors discuss your options for managing pain.

When arthritis pain takes over your life, it's time to try a new approach. Let the Chronic Pain Management Workshop be your prescription for relief.

Date: Wednesday, March 21, 2018
Time: 6:30 p.m. to 8:30 p.m.
Cost: Free of charge
Location: Victoria Avenue Library
4848 Victoria Avenue, Niagara Falls, ON L2E 4C5

For more information or to register:

Please call 905-356-8080 or visit the Program and Events Calendar on my.nflibrary.ca

Pre-registration required