

TAKE CHARGE OF YOUR PAIN

FREE WORKSHOP

Struggling with chronic pain?
Discover new tools to help
manage your chronic pain, action
plan to build healthier habits, and
connect with other older adults
living in Worth township!



Mondays for 6 sessions

Jan 22 - Mar 11, no class 2/12 & 2/19



10:00am - 12:30pm



Call Paulette Duke at (708)

972-7076 to register today!



Worth Township Hall

11601 S. Pulaski Road, Alsip, 60803

