

# Challenges of Living with Pain

A workshop from Greene County Council on Aging

Living with chronic pain makes day-to-day life difficult. It touches every single part of a life, from hygiene, to cooking, to relationships, to sleeping. If you or someone you love or care for has been living with chronic pain, we invite you to this workshop. Presented by Lynn Martin, RN and Care Manager with GCCOA, Lynn will talk about the various types of pain many of us experience and some of the next steps to consider. Lynn will also provide a brief overview of the upcoming Healthy U program, Chronic Pain Self Management, which has been a helpful strategy for managing pain for so many.

**When:** Monday, February 14th from 2:00-4:00pm

**Where:** Bellbrook Sugarcreek Park District Community Center  
2751 Washington Mill Road, Bellbrook, OH

**Cost:** This program is free and open to the public. However, spots are limited.

To reserve your spot, please contact Tim Brickey at 937-376-5486, Ext 125, or email [Tim.Brickey@gcco.org](mailto:Tim.Brickey@gcco.org)



*Healthy U: Chronic Pain Self Management Workshop*

*Mondays from 1:30pm-4:00pm, starting March 7th through April 11th*

*At Xenia Community Center, 1265 W. Second Street, Xenia OH*