Are you tired of being sick and tired?

Take charge of your health and join us for our Living Well With Chronic Pain Workshop! Over the course of six weeks, participants will learn different tools to address physical pain and fatigue, increase physical activity and fitness, set weekly goals, communicate effectively with friends, family and physicians, and make healthier food choices.

This is a FREE workshop. Register today by calling 425.265.2283 or emailing livingwell@homage.org.

Learn more at https://www.homage.org/health-wellness/wellness/