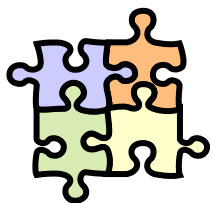


# Coping with Chronic Pain & Fatigue

Come and join us in exploring a variety of approaches to making healthy and positive changes to help reduce chronic pain & fatigue.

We'll share ideas, up to date knowledge and skills in a friendly and supportive environment. The groups are held at The Link each Tuesday afternoon in March from 1:30 – 3:30 p.m.

***The group will be followed by a half hour gentle yoga stretch class for those wishing to participate.***



The Mental Health Peer Support Program at The Link

88 Cornelia St., W, Unit A4

Smiths Falls, ON

**For more information call: 613-284-4608**