



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

TAKE CHARGE OF YOUR HEALTH

Chronic Pain Self Management Class

**6 WEEK VIRTUAL SERIES
EVERY THURSDAY 1:00-3:30P.M.**

Learn techniques to deal with symptoms of chronic pain conditions, such as fatigue, sleeplessness, stress, and emotional problems such as depression, anger, fear, and frustration, with emphasis on cognitive behavioral therapy techniques for managing pain.

Register: go.illinois.edu/ChronicPain



**Free Classes start
Thursday
Oct. 2, 2025**

COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

University of Illinois, U.S. Department of Agriculture, Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.

If you need a reasonable accommodation to participate, please contact your local extension office.

Early requests are strongly encouraged to allow sufficient time for meeting your access needs.