



Where Will Wellness Pathways Lead You?

OUR MISSION

The Wellness Pathways program at GLSS is dedicated to improving the health and quality of life of individuals in our communities. We are committed to building a culture of wellness, where individuals are engaged, educated, and empowered to achieve total health.

REGISTER ON LINE:

<https://www.glss.net/Help-me-find/Health-and-Well-Being/Wellness-Pathways>

QUESTIONS?

Contact Jousette Anaya
339-883-5141 | janaya@glss.net

OTHER WORKSHOPS

A Matter of Balance

Fall Prevention Workshops for Older Adults

Healthy Eating

For Successful Living in Older Adults

Tai Ji Quan:

Moving for Better Balance®

Wellness Pathways programs are partially funded through grants provided by Title III of the Older Americans Act through GLSS.



Greater Lynn Senior Services

8 Silsbee Street Lynn, MA 01901 www.glss.net

Are You Living With Ongoing Pain?



**OUR CHRONIC PAIN
SELF-MANAGEMENT
WORKSHOP CAN HELP**



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IF YOU ARE LIVING WITH CHRONIC PAIN, YOU'RE NOT ALONE.

An estimated 25% of people worldwide live with chronic pain as the result of injury or illness.

This workshop provides you with the tools to manage and lessen your pain so you can do the things you want and need to do.

BUILD CONFIDENCE TO ASSUME AN ACTIVE ROLE IN MANAGING YOUR CHRONIC PAIN.

You'll learn:

- Techniques for managing frustration, fatigue, isolation, and poor sleep
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Use of medications
- Ways to communicate effectively with family, friends, and health professionals
- Strategies for healthy eating and nutrition
- Ways to pace activity and rest
- How to evaluate new treatments.

**CAREGIVERS ARE WELCOME
TO ATTEND WITH YOU!**



Our programs are proven to help people live more active, fulfilling lives...
one manageable step at a time.

MEET NEW PEOPLE...LIKE YOU!

Our small, supportive, and inclusive classes for adults of all ages encourage caring friendships with people who understand how you feel and who will celebrate your successes.

**“This workshop taught
my husband and me
how to live a healthy life
with a chronic illness.”**



Developed and tested by researchers at
Stanford University Medical Center.