
FOR IMMEDIATE RELEASE

Learn to manage chronic pain in free class

WADENA, Minn. – Sept. 26, 2019 – Those who are affected by chronic pain are invited to attend a free class called Living Well with Chronic Pain. It will be held every Thursday for six weeks starting Thursday, Oct. 17, from 3 to 5:30 p.m. at the Tri-County Health Care Café Conference Room.

Chronic pain can make carrying out everyday tasks a challenge. This workshop will help participants discover strategies for managing their pain. Participants make weekly action plans, share experiences and help each other solve problems as they carry out their plan. Topics include communicating with providers and family, mind-body connections, benefits of physical activity and more.

For more information or to register, contact Shelley Glenz, RN, at 218-631-3510, ext. 7870, or visit TCHC.org.

ABOUT TRI-COUNTY HEALTH CARE

Tri-County Health Care is a private, not-for-profit health care system located in Wadena, Minnesota. It offers care services such as primary health, surgery, cancer care, diagnostic imaging, obstetrics, orthopedics and rehabilitation. Tri-County operates a hospital and medical clinic in Wadena, as well as five satellite clinics and two physical therapy clinics across Wadena, Todd and Otter Tail counties. Satellite clinic locations include Bertha, Henning, Ottertail, Sebeka and Verndale. Visit TCHC.org.

###

