



**Guelph CHC**  
growing healthy together



## Chronic Pain Peer Support

If you are living with chronic pain, this group can help you learn tips to manage the pain, live a healthy life and help others.

### **Come to the group to receive:**

- Peer support and encouragement
- Discussion about a variety of health topics
- Free, drop in program, led by peer leaders

**Third Wednesday of the Month  
(April 18, May 16, June 20, July 18, Aug 15)  
1:00 — 3:00 pm  
Guelph CHC Shelldale  
(20 Shelldale Crescent, Guelph)**

**[www.guelphchc.ca](http://www.guelphchc.ca) ● 519-821-6638X268**