

# Support to get well and stay well.



## **WRAP® helps you:**

- decrease and prevent troubling feelings and behaviors
- increase personal confidence
- improve quality of life
- plan life goals and dreams

WRAP® is a FREE multi-week group workshop for people living with chronic conditions like pain, diabetes, trauma, PTSD, depression, asthma, aging, addictions and many other conditions.

WRAP® groups are peer-led and typically include 10–15 people. Information is delivered through lectures, discussions, and individual and group exercises.

### **WORKSHOPS START THROUGHOUT THE YEAR.**

To register or for the schedule of upcoming classes, call Pam at **802 748-7395**

To learn more about WRAP, call Rene at **802 751-8492**



*Choosing Health*

**NORTHEASTERN VERMONT  
REGIONAL HOSPITAL**

Hospital Drive, St. Johnsbury | More information at **802 748-7395**



If you speak another language, language assistance services, free of charge, are available to you. Ask for assistance. Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Demandez de l'aide. Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Pedir ayuda.