

Living Well: pain program

2019 Winter-Spring

Location	Day of week	Dates – 6 weekly sessions	Time
Bellevue Medical Center Room E101/105 11151 NE 10 th Street Bellevue, WA 98004	Mondays	March 4 – April 8	1 p.m. – 3:30 p.m.
Federal Way Medical Center Room M 106B 301 South 320 th Street Federal Way, WA 98003	Wednesdays	April 3 – May 8	10 a.m. – 12:30 p.m.
Lynnwood: Homage Senior Services Homage Board Room 5026 196 th St SW Lynnwood, WA 98036	Mondays	April 15 – May 20	4 p.m. – 6:30 p.m.
Northgate Medical Center Room 205 9800 4th Ave. NE Seattle, WA 98115	Mondays	February 25 – April 1	1 p.m. – 3:30 p.m..
Olympia Medical Center Room B 700 Lilly Rd. NE Olympia, WA 98506	Wednesday evenings	April 3 – May 8	6 p.m. – 8:30 p.m.
Puyallup Medical Center Room A110 1007 39 th Ave SE Puyallup, WA 98374-2192	Tuesdays	March 12 – April 16	10 a.m. – 12:30 p.m.
Redmond Medical Center at Riverpark Room 282/283 15809 Bear Creek Pkwy, Ste 100 Redmond, WA 98052	Wednesdays	April 10 – May 15	10 a.m. – 12:30 p.m..

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Location	Day of week	Dates – 6 weekly sessions	Time
Silverdale Medical Center Room A102/102C 10452 Silverdale Way NW Silverdale, WA 98383-9460	Wednesday evenings	April 3 – May 8	6 p.m. – 8:30 p.m.
Tacoma South Medical Center Room 115 9505 S Steele St. Tacoma, WA 98444-6858	Fridays	April 19 – May 24	10 a.m. – 12:30 p.m.

Registration is required and this program will fill up quickly, so register as soon as you can.



Call the Resource Line toll-free at **1-800-992-2279**.



Go online to **kp.org/wa/livingwell**.