



# With age comes **wisdom**, not pain.



Talk to your care team about the senior-friendly approach to pain management.

## Ask Us:

- ✓ What is causing my pain?
- ✓ Will over the counter medication help with my pain?
- ✓ Is there anything I can do at home to minimize my pain?
- ✓ Should I try to exercise if I have pain?

**or anything else...**

**Your  
care is why  
we're all  
here!**

**sfCare**<sup>TM</sup>  
Senior Friendly Care



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