

Knowledge, Skills & Confidence

You CAN live a healthy life with Chronic Pain

Chronic Pain Self-Management Program



- Understand and manage symptoms
- Deal with stress and difficult emotions
- Learn to safely maintain physical activity and improve flexibility
- Communicate effectively with your health care team

Free Six-Session Workshop for Adults with any Kind Of Ongoing Pain
Family Members And Friends Welcome

TIME/DATES: Tuesdays, May 23 – June 27 2017
1:30 pm – 4:00 pm

LOCATION: Ts'ewulhtun Health Centre
5768 Allenby Road, Duncan

TO REGISTER: 250 – 746-6184



**University
of Victoria**

Institute on Aging
& Lifelong Health



**BRITISH
COLUMBIA**

Self-Management
British Columbia