

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: Mondays, from February 19th, to March 26th, 2018
6:00 PM - 8:30 PM

LOCATION: Tutt Street Optometry
2918 Tutt Street, Kelowna

TO REGISTER: 604-940-1273 or Toll Free: 1-866-902-3767
www.selfmanagementbc.ca



**University
of Victoria**

Institute on Aging
& Lifelong Health



**BRITISH
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Self-Management
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