

# 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 19<sup>th</sup>, to March 26<sup>th</sup>, 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](http://www.selfmanagementbc.ca)



University  
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Institute on Aging  
& Lifelong Health



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