

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 from April 17 to May 22, 2018
1:00 pm to 3:30 pm

LOCATION: Kamloops Downtown Y
400 Battle Street, Kamloops

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



University
of Victoria

Institute on Aging
& Lifelong Health



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Self-Management
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