

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, September 18 to October 23, 2018**
 1:00 pm to 3:30 pm

LOCATION: **White Valley Community Centre**
 2250 Shields Avenue, Lumby

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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