

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: Thursdays, August 30 to October 4, 2018
12:30 pm to 3:00 pm

LOCATION: 100 Mile House District General Hospital
555 Cedar Ave, 100 Mile House

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



University
of Victoria

Institute on Aging
& Lifelong Health

Self-Management
British Columbia



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