

# KNOWLEDGE + SKILLS + CONFIDENCE

*put life back in your life*

## 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*

**DATES/TIME:** Fridays, January 18 to February 22, 2019  
1:00pm to 3:30pm

**LOCATION:** Johnson Bentley Aquatic Centre  
3737 Old Okanagan Hwy, West Kelowna

**TO REGISTER:** 604-940-1273 or Toll Free: 1-866-902-3767  
[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

*\*\*Self-Management BC programs follow a scent-free policy. For the health and consideration of other participants, please refrain from wearing fragrances in our workshops. Thank you!\*\**



University  
of Victoria

Institute on Aging  
& Lifelong Health

**Self-Management**  
*British Columbia*



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Self-Management BC is supported by the Province of British Columbia