

# 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:** Thursdays, April 25 to May 30, 2019  
1:00 pm to 3:30 pm

**LOCATION:** Ridge Meadows Hospice  
102-22320 119 Avenue, Maple Ridge

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

*Connect with us:*



@SelfManagementBC



@SMPatUVic

\*\*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

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& Lifelong Health

**Self-Management**  
*British Columbia*



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