

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: Saturdays, May 4 to June 15, 2019 (*no session May 18*)

TIME: 10:00 am to 12:30 pm

LOCATION: Prince Rupert Regional Hospital, Boardroom
1305 Summit Avenue, Prince Rupert

REGISTER: 1-866-902-3767 or 604-940-1273
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



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