

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: Tuesdays, September 17 to October 22, 2019
2:30pm to 5:00pm

LOCATION: The Martin Centre
1434 Graham Street, Kelowna

REGISTER: To participate, you must become a member (phone 250-448-1203) of the Society of Learning in Retirement for a cost of \$25 and then the workshop is at no cost

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!



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