

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, January 23 to February 27, 2020
1:30pm-4:00pm

LOCATION: Kamloops Downtown Y
400 Battle Street, Kamloops, BC V2C 2L7

TO REGISTER: 1-866-902-3767 (Toll-Free) or 604-940-1273
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! ***



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of Victoria

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& Lifelong Health

Self-Management
British Columbia



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