

# 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 30 to March 5, 2020

**LOCATION:** People Place, Room #006 and 001  
#201, 3402 27th Avenue, Vernon BC

**TO REGISTER:** 1-866-902-3767 (Toll-Free) 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**

Institute on Aging  
& Lifelong Health

**Self-Management**  
*British Columbia*



**BRITISH  
COLUMBIA**

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