

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, May 5 to June 9, 2020
10:00am to 12:30pm

LOCATION: Volunteer Cowichan
135 Third Street, Duncan, BC

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

Institute on Aging
& Lifelong Health

Self-Management
British Columbia



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