

Knowledge, Skills & Confidence

You CAN live a healthy life with Chronic Pain

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

Date & Time:

Location:

To Register:

Lower Mainland call 604-940-1273 | Toll-Free 1-866-902-3767

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University
of Victoria