

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, October 29 to December 3, 2019
1:00pm to 3:30pm

LOCATION: South Salt Spring Seniors Centre at Lower Fulford Hall
2591 Fulford-Ganges Road, Salt Spring Island

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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Self-Management
British Columbia



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