

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



RICHMOND CENTRE FOR DISABILITY

100 – 5671 No. #3 Rd., RICHMOND

February 20 to March 27, 2017

FOR SIX MONDAYS from 5:30 pm to 8:00 pm

REGISTRATION IS REQUIRED

Sign-up with RCD, please call 604-232-2404 | Email: dave@rcdrichmond.org

OR Tel: 604-940-1273 | Toll-Free: 1-866-902-3767

www.selfmanagementbc.ca



**University
of Victoria**

Institute on Aging
& Lifelong Health



**BRITISH
COLUMBIA**