

put life back in your life

Join a free health program and become an expert self-manager!

Chronic Pain Tool Kit for Active Living

Daily challenges of living with chronic pain can be difficult. Take a free program that provides skills and gives greater confidence in the ability to manage chronic pain and helps people improve their quality of life.

Two programs to choose from:



Tool Kit for Active Living

OR

Tool Kit for Active Living + Calls

For the independent self-starter. Receive a Tool Kit for self-paced learning.

Receive the same Tool Kit, **AND** Participate in 6 weekly calls with a small group, either by phone or Zoom[®]. Calls are 30-45 minutes, once per week for 6 weeks. Learn tools, tips and strategies with others, while setting yourself a goal to achieve.

Tool Kit Contents:

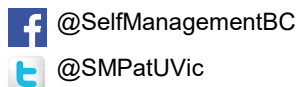
- ✓ *Living a Healthy Life* book
- ✓ *Relaxation for Mind and Body* CD
- ✓ An exercise CD
- ✓ A self-test and accompanying booklet
- ✓ Tips sheets on important self-management tools

Contact Self-Management BC

www.selfmanagementbc.ca | selfmgmt@uvic.ca | Toll Free: 1-866-902-3767

Programs are open to adults living with one or more ongoing health conditions.

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