

KNOWLEDGE + SKILLS + CONFIDENCE

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 6-Session Workshop for Adults with Any Kind of Ongoing Pain (Age 55+)

Family Members and Friends Welcome

DATES/TIME: November 3, 2026 to December 8, 2026

Tuesdays, 9:30am to 12:00pm

LOCATION: Saanich Silver Threads - Library

286 Hampton Road, Victoria BC



TO REGISTER: Contact Anne Nelson at Saanich Silver Threads:
250-382-3151 or annenelson@silverthreads.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!



**University
of Victoria**

Institute on Aging
& Lifelong Health

Self-Management
British Columbia



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Self-Management BC is supported by the Province of British Columbia