

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 Six-Session Workshop for Adults with Any Kind of Ongoing Pain

Family Members and Friends Welcome

DATES/TIME: October 25, 2026 to November 29, 2026
Sundays, 2:00 pm to 4:30 pm

LOCATION: Matsqui Recreation Centre—Boardroom
3106 Clearbrook Road, Abbotsford BC

TO REGISTER: Call 604-940-1273 or 1-866-902-3767
Email selfmgmt@uvic.ca
www.selfmanagementbc.ca

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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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Institute on Aging
& Lifelong Health

Self-Management
British Columbia



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