

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 18, 2026 to November 22, 2026
Sundays, 2:00 p.m. to 4:30 p.m.

LOCATION: Walnut Grove Community Centre - MP #4
8889 Walnut Grove Drive, Langley BC

TO REGISTER: Call 604-940-1273 - Email selfmgmt@uvic.ca
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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& Lifelong Health

Self-Management
British Columbia



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