

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: January 22, 2027 to February 26, 2027

Fridays, 1:00pm to 3:30pm

LOCATION: Glen Pine Pavilion

1200 Glen Pine Court, Coquitlam BC

TO REGISTER: Call 604-940-1273 - 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!



Institute on Aging
and Lifelong Health

Self-Management
British Columbia



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