

**Register for a
six-session workshop
in your area**

Toll Free 1-866-902-3767

Lower Mainland 604-940-1273

selfmgmt@uvic.ca

www.selfmanagementbc.ca

**Contact us for information about
becoming a Volunteer Leader**



**University
of Victoria**

Centre
on Aging

**Self-Management BC is a Ministry of Health,
Patients as Partners initiative administered
by the University of Victoria.**

Self-Management
British Columbia

**Living a Healthy Life with
Chronic Pain**



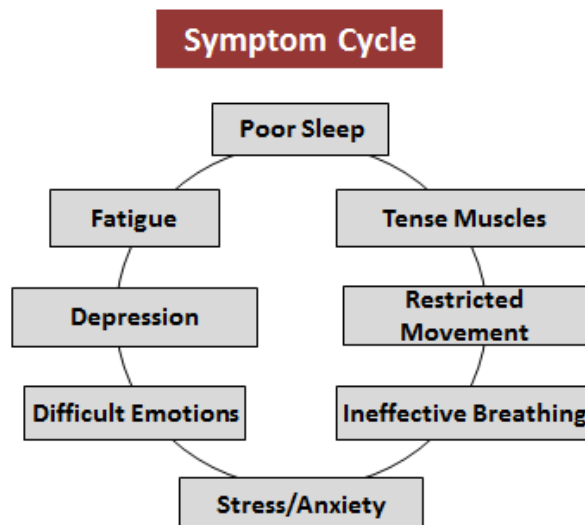
Knowledge · Skills · Confidence

**FREE evidence-based
self-management workshop
provides tools to better
manage chronic pain**



Discover how to

- manage pain by incorporating a variety of techniques into your life
- pace activities to better manage time and energy
- plan for regular physical activity
- communicate more effectively with your health care team
- make daily tasks easier
- set realistic goals and use problem solving
- learn relaxation strategies
- take action and live a healthier life



What participants are saying...

"I had no idea what this experience would bring me; classes are filled with survival tools, interaction and plenty of laughter. I have grown as a person."

"The program has helped me greatly; every day I still do the exercises we learned and I pace myself now."



Over 30,000 British Columbians have taken a Self-Management Program