

CHRONIC PAIN SELF-MANAGEMENT WORKSHOPS

WOULD YOU LIKE TO FEEL BETTER AND
DO MORE OF THE ACTIVITIES YOU ENJOY?

www.healthy-living-now.ca



'Living a Healthy Life with Chronic Pain' is a FREE six-week workshop for people with primary or secondary diagnosis of chronic pain. The workshop teaches skills needed to help you manage the day to day challenges of living with chronic pain.

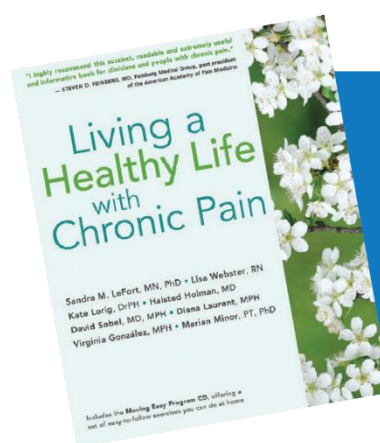
THE CHRONIC PAIN SELF-MANAGEMENT PROGRAM INCLUDES:

- Techniques to deal with problems such as stress and tension, frustration, depression, and fatigue
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Use of pain medications and treatments
- Communicating effectively with family, friends, and health professionals
- Nutrition
- Pacing activity and rest



Weekly ZOOM Meetings
Fridays

January 10, 17, 27, 31, February 7, & 14, 2025
10:00am – 12:00pm



AS PART OF
THE WORKSHOP
YOU WILL RECEIVE
A FREE BOOK

For more information or to register
for a group closest to you:



Contact Helen at 416-249-8000 ext: 2245



or info@bcchc.com,

Or you can register online at:

healthy-living-now.ca