



Self-Management *British Columbia*

Join a free six-session workshop to learn tools to better manage chronic pain.

put life back in your life

CONTACT US

For more information and to register for a FREE six session workshop in your area:

1-866-902-3767 Toll Free

604-940-1273 Lower Mainland

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www.selfmanagementbc.ca

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Looking to become a volunteer? Join our team!

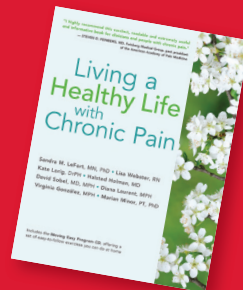
Contact us to register for the next four-day Leader Training Series in your community and become a volunteer leader.

Program Facts:

Chronic Pain Self-Management Program is for adults of any age who have chronic pain such as: musculoskeletal pain, fibromyalgia, whiplash injury, chronic regional pain syndrome, repetitive strain injury, chronic pelvic pain, post surgical pain lasting longer than 6 months, neuropathic pain, neuralgias, post stroke or central pain, persistent headache, Crohn's disease, irritable bowel syndrome, and severe muscular pain due to conditions such as multiple sclerosis.

An interactive workshop covering a range of strategies and tools to help you manage your pain and get on with living a fulfilling life.

FREE RESOURCE BOOK PROVIDED "LIVING A HEALTHY LIFE WITH CHRONIC PAIN"



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

To order additional brochures call: 1-866-902-3767 • Printed April, 2016

FREE WORKSHOP SERIES Living a Healthy Life with **Chronic Pain**



University of Victoria

Institute on Aging & Lifelong Health



The Chronic Pain Self-Management Program is...

A six-week workshop that helps people with chronic pain to better manage their symptoms and their daily lives. The workshop provides information and teaches practical skills. It gives people the confidence and motivation they need to manage the challenges of living with chronic pain.

Groups meet once a week for 2.5 hours, over six weeks. There are ten to sixteen participants in each workshop.

These workshops are offered throughout BC at **NO COST** to the participant.

KNOWLEDGE+SKILLS+CONFIDENCE

Discover how to:

- manage pain by incorporating a variety of techniques into your life
- pace activities to improve time management 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

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

"It gave me some very practical approaches to getting things done and I am now able to get more done in a day without getting tired."

"Action plans—I really enjoy this part. It gives us more power to set a goal we can complete. I use this daily."



OVER 30,000 BRITISH COLUMBIANS HAVE TAKEN A SELF-MANAGEMENT PROGRAM

The Vicious Cycle: Chronic Pain and Symptoms

Chronic pain can cause additional symptoms such as fatigue, restricted movement, depression, and the like because it is not the sole cause of all these symptoms. As well, symptoms can feed off each other and become a "vicious cycle" that doesn't stop unless we find a way to break the cycle.

