

Chronic Pain Self-Management FREE WORKSHOP

This is a 6 week program for women living with chronic pain to better manage symptoms and activities of daily life.

PARTICIPANTS WILL RECEIVE:

- The Companion book "Living a Healthy Life with Chronic Conditions".
- The "Chronic Pain Workbook"
- The "Moving Easy" CD.

Participants should attend all six sessions to get the maximum benefit.

Once a week for 6 weeks starting **MONDAY, JANUARY 5TH 1:00PM TO 3:30PM.**
To register, please call Battered Women's Support Services
604-687-1867