



*It's my health.  
It's my life.*

**Do you live with challenges  
and complications as a result  
of chronic pain?**

Join us for a **free** six-week  
**Living a Healthy Life with Chronic Pain workshop.**

**DATES**

**TIME**

**LOCATION**

**Pre-registration is *required*, for more information:  
Call 1-866-971-5545 or register online at [www.ceselfmanagement.ca](http://www.ceselfmanagement.ca)**



Self-Management Program  Ontario



**Lakeridge  
Health**



**Brock  
Community  
Health Centre**