



**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** Every Monday

**From July 5 - August 16, 2021 (no class August 2)**

**TIME** 6:00 p.m. to 8:30 p.m.

**LOCATION** Online through Zoom

**\*Audio and Video are Required\***

**Pre-registration is required, for more information:**

**Call 1-866-971-5545 or register online at [www.ceselfmanagement.ca](http://www.ceselfmanagement.ca)**

