

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 Thursday

From September 9 - October 14, 2021

TIME 9:30 a.m. to 12:00 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

