



**Put *life*  
back into  
your 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)**

