



Register for the  
**ACTIVE LIVING WITH  
CHRONIC PAIN**  
free program  
**to get your life back!**

On Wednesdays, **February 7 to March 13** - 6 sessions at  
**1 - 3:30pm**

in the **Seniors Multipurpose Room 07/08** at  
Parkgate Society, 3625 Banff Court, North Van

**Please register by calling 604-987-7529, Program ID: 271554**

Delivered by Self Management BC, this 6 weeks free program introduces information and skills that help many people self-manage their pain.

**Everyone interested needs to register.**

Please call 604.983.6376 or email Zheni at: [zgazdova@parkgatesociety.ca](mailto:zgazdova@parkgatesociety.ca) with questions.

Led by the University of Victoria and supported by the Province of BC, Self-Management BC provides evidence-based health programs at no cost to participants throughout the province.