

Tool Kit for Active Living with Chronic Pain



***Put **life** back
into your life.***

For adults living with chronic pain and caregivers

- ✓ Join our **free telephone health program** and explore ways to take back control over your health
- ✓ **Six-week program** with 1 hour calls each week led by program facilitator in small groups of 6 people
- ✓ **Explore topics** such as Action Planning, Weight Management, Pacing Activity with Rest, Decision Making and more
- ✓ Participants will receive the **free** Living a Healthy Life Resource book, Self-test and Tips Booklet, Exercise CD and Relaxation CD

DATES

TIME

LOCATION



Self-Management Program  Ontario



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES