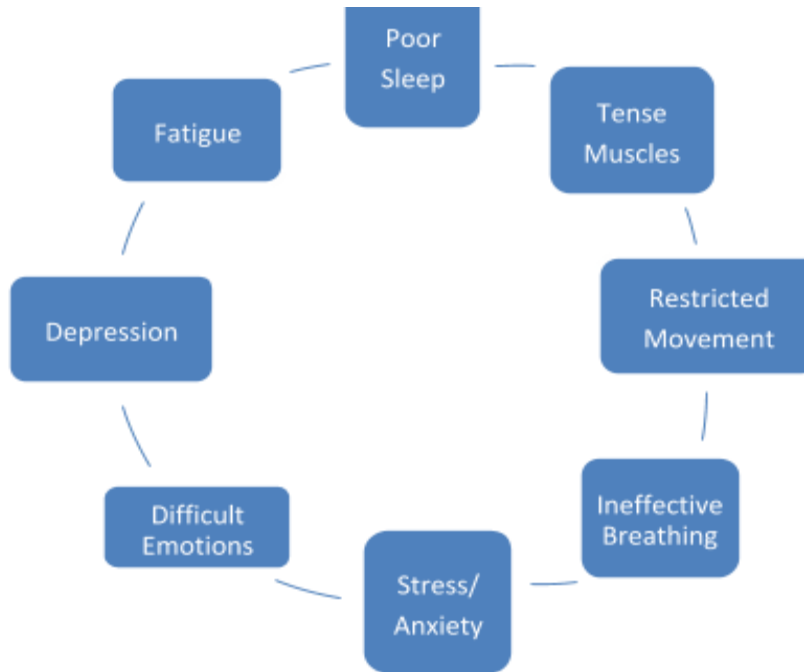


CHRONIC PAIN SELF-MANAGEMENT PROGRAM

A 6 week evidence-based program to learn strategies
to break the
Chronic Pain Symptom Cycle



*** **UPCOMING WORKSHOP** ***

WHEN: Wednesdays – Nov 7th to Dec 12 - 1:30pm to 4pm

WHERE: Aaniin Community Centre (Older Adult Room)
5665 14th Ave, Markham, ON L3S 3K5

If you are interested in attending this program, please contact:
Jasdeep Chahal OT Reg. (Ont.) 905-471-9999 ext. 309