



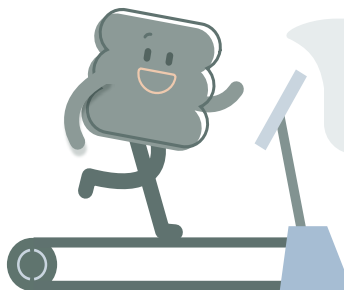
We know your pain is real

LivePlanBe+ is a free online program that helps people living with pain make small changes that add up to big improvements in well-being.



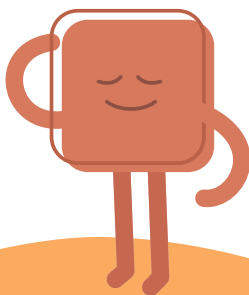
LivePlanBe+ guides you through a customized learning experience with animated videos, learning modules, resources to explore, stories from real people living with pain, interviews with health care providers, and practical tools.

LivePlanBe+ helps you:



Learn skills and strategies for living with pain

Make small, practical changes to manage pain



Get started:
www.liveplanbeplus.ca



The development of LivePlanBe+ was generously supported by the Northwest Pain Foundation, the BC Children's Hospital Digital Lab, the Insurance Corporation of British Columbia (ICBC), and Sovereign Order of St. John, Knights Hospitaller Foundation



We know your pain is real

LivePlanBe is a free online library of evidence-based resources on pain and pain self-management that can help you learn to live better with pain.

LivePlanBe includes articles, podcasts, videos and webinars that can help you:



Learn about the science behind chronic pain

Explore pain management topics at your own pace



Start exploring:
www.liveplanbe.ca