



## PUT LIFE BACK IN YOUR LIFE

### Free Six-Session Workshops for Adults

- Learn techniques to better manage your health
  - Set goals and problem solve
- Communicate more effectively with your family, friends and health care team
  - Deal with stress and difficult emotions
  - Take action and live a healthier life

*Family Members and Friends Welcome*

**REGISTRATION REQUIRED**

### **NEW** SELF-MANAGEMENT HEALTH COACH PROGRAM

FREE one-on-one phone support will help you get the most out of life!



University  
of Victoria

Institute on Aging  
& Lifelong Health



BRITISH  
COLUMBIA

## FREE SELF-MANAGEMENT WORKSHOPS INTERIOR HEALTH REGION

### *Chronic Pain*

**100 Mile House District General Hospital**

**555 Cedar Ave, 100 Mile House**

Thursdays, Aug. 30 to Oct. 4, 2018

12:30 pm to 3:00 pm

**Selkirk College (Silver King Campus)**

**2001 Silver King Road, Nelson**

Thursdays, Sept. 13 to Oct. 18, 2018

9:30 am to 12:00 pm

**White Valley Community Centre**

**2250 Shields Avenue, Lumby**

Tuesdays, Sept. 18 to Oct. 23, 2018

1:00 pm to 3:30 pm

### *Cancer: Thriving & Surviving*

**BC Cancer Clinic**

**399 Royal Avenue, Kelowna**

Mondays, Sept. 10 to Oct. 22, 2018

1:30 pm to 4:00 pm

### *Diabetes*

**Selkirk College (Silver King Campus)**

**2001 Silver King Road, Nelson**

Tuesdays, Sept. 18 to Oct. 23, 2018

9:30 am to 12:00 pm

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INTERESTED IN BECOMING A  
**VOLUNTEER PROGRAM LEADER**  
IN YOUR COMMUNITY?

**APPLY ONLINE**

[www.selfmanagementbc.ca/applicationform](http://www.selfmanagementbc.ca/applicationform)

To register or for further information:

[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

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