



## 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!

## FREE SELF-MANAGEMENT WORKSHOPS SOUTH VANCOUVER ISLAND

### *Chronic Pain*

**Cook Street Village Activity Centre**  
1-380 Cook Street, Victoria  
Tuesdays, Sept. 18 to Oct. 23, 2018  
10:00 am to 12:30 pm

**Esquimalt Westshore Health Unit**  
102-940 Goldstream Ave, Victoria  
Thursdays, Sept. 20 to Oct. 25, 2018  
1:15 pm to 3:45 pm

**Greater Victoria Public Library – Oak Bay**  
1442 Monterey Avenue, Victoria  
Mondays, Sept. 24 to Nov. 5, 2018  
1:00 pm to 3:30 pm

**SHOAL Activity Centre**  
10030 Resthaven Drive, Sidney  
Tuesdays, Sept. 25 to Oct. 30, 2018  
6:30 pm to 9:00 pm

**Metchosin Seniors Information & Resource Centre**  
4495 Happy Valley Road, Victoria  
Tuesdays, Sept. 25 to Oct. 30, 2018  
6:30 pm to 9:00 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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