### Self-Management British Columbia



## PUT LIFE BACK IN YOUR LIFE

#### Free Six-Session Workshops for Adults

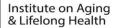
- Learn techniques to better manage your health
  - Set goals and problem solve
- Communicate more effectively with your family, friends and health care team
  - Deal with stress and difficult emotions
    - Take action and live a healthier life

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!







# SELF-MANAGEMENT WORKSHOPS SUNSHINE COAST

#### **Chronic Pain**

Powell River General Hospital 5000 Joyce Avenue, Powell River Fridays, June 29 to August 3, 2018 2:00 pm to 4:30 pm

Powell River General Hospital 5000 Joyce Avenue, Powell River Friday, Sept. 7, Friday, Sept. 14, Friday, Sept. 21, Thursday, Sept. 27, Friday, Oct. 5, Friday, Oct. 12, 2018 10:00 am to 12:30 pm

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Interested in Becoming a Volunteer Program Leader?

Chronic Conditions Leader Training

**Powell River General Hospital 5000 Joyce Avenue, Powell River**August 18, 19, 25, 26, 2018
10:00 am to 4:00 pm

Sechelt Hospital
5544 Sunshine Coast Hwy, Sechelt
September 15, 16, 22, 23, 2018
10:00 am to 4:00 pm

Apply online at www.selfmanagementbc.ca/applicationform

To register or for further information www.selfmanagementbc.ca

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