



## 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

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

**To register or for further information**  
**www.selfmanagementbc.ca**  
**604-940-1273 (Lower Mainland)**  
**1-866-902-3767 (Toll Free)**  
**selfmgmt@uvic.ca**