



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

VANCOUVER COASTAL REGION

Chronic Pain

BC Women's Hospital

E200, 4500 Oak St., Vancouver

Thursdays, Sept. 6 to Oct. 11, 2018

1:15 pm to 3:45 pm

St Paul's Hospital

1081 Burrard St, Vancouver

Tuesdays, Sept. 11 to Oct. 16, 2018

1:15 pm to 3:45 pm

Chronic Conditions

Roundhouse Community Centre

181 Roundhouse Mews, Vancouver

Sundays, Sept. 9 to Oct. 21, 2018

1:00 pm to 3:30 pm

***Register directly through the Roundhouse at 604-713-1800**

GF Strong Rehabilitation Centre

4255 Laurel Street, Vancouver

Thursdays, Sept. 27 to Nov. 1, 2018

6:00 pm to 8:30 pm

INTERESTED IN BECOMING A
VOLUNTEER PROGRAM LEADER
IN YOUR COMMUNITY?

APPLY ONLINE

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