

# 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!**



Institute on Aging & Lifelong Health



## FREE SELF-MANAGEMENT WORKSHOPS INTERIOR HEALTH REGION

### *Chronic Pain*

Johnson Bentley Aquatic Centre  
3737 Old Okanagan Hwy., W. Kelowna  
Fridays, Apr. 20 to May 25, 2018  
1:00 pm to 3:30 pm

The Heritage Retirement Residence  
3630 Brown Rd., W. Kelowna  
Saturdays, May 5 to June 9, 2018  
1:30 pm to 4:00 pm

YMCA of Okanagan - Downtown  
1011 – 505 Doyle Ave., Kelowna  
Mondays, May 7 to June 18, 2018  
1:00 pm to 3:30 pm

John Tod Centre Y  
150 Wood St., Kamloops  
Mondays, May 7 to June 18, 2018  
2:00 pm to 4:30 pm

Revelstoke Library  
605 Campbell Ave., Revelstoke  
Wednesdays, May 9 to June 13, 2018  
2:00 pm to 4:30 pm

### *Cancer: Thriving & Surviving*

InspireHealth  
123 – 565 Bernard Ave., Kelowna  
Tuesdays, May 1 to June 5, 2018  
2:00 pm to 4:30 pm

### *Diabetes*

Uptown Askews  
2701 – 11<sup>th</sup> Ave., Salmon Arm  
Fridays, May 11 to June 15, 2018  
10:00 am to 12:30 pm

To register or for further information  
[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)  
604-940-1273 (Lower Mainland)  
1-866-902-3767 (Toll Free)  
[selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)