

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

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA

SELF-MANAGEMENT WORKSHOPS

INTERIOR HEALTH REGION

Cancer: Thriving & Surviving

BC Cancer Clinic, Okanagan Room
399 Royal Avenue, Kelowna
Mondays, Sept. 10 to Oct. 22, 2018
1:30 pm to 4:00 pm

John Tod Centre Y
150 Wood Street, Kamloops
Wednesdays, Sept. 26 to Oct. 21, 2018
2:00 pm to 4:30 pm

People Place
201 - 3402 27th Avenue, Vernon
Wednesdays, Sept. 26 to Oct. 31, 2018
9:30 am to 12:00 pm

Chronic Conditions

Penticton Community Centre
325 Power Street, Penticton
Thursdays, Sept. 20 to Oct. 25, 2018
1:30 pm to 4:00 pm

Chronic Pain

100 Mile House District General Hospital
555 Cedar Avenue, 100 Mile House
Thursdays, Aug. 30 to Oct. 4, 2018
12:30 pm to 3:00 pm

Selkirk College (Silver King Campus)
Room 115, 2001 Silver King Road, Nelson
Thursdays, Sept. 13 to Oct. 18, 2018
9:30 am to 12:00 pm

White Valley Community Centre
250 Shields Avenue, Lumby
Tuesdays, Sept. 18 to Oct. 23, 2018
1:00 pm to 3:30 pm

Diabetes

Selkirk College (Silver King Campus)
Room 115, 2001 Silver King Road, Nelson
Tuesdays, Sept. 18 to Oct. 23, 2018
9:30 am to 12:00 pm

For more dates and locations, go to:

<http://www.selfmanagementbc.ca/upcomingworkshops>