

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

ALSO AVAILABLE:

FREE ONLINE WORKSHOP

*Living a Healthy Life with
Chronic Conditions*

selfmanagement.org/onlinebc



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

SELF-MANAGEMENT WORKSHOPS

NORTH VANCOUVER ISLAND

Chronic Pain

Qualicum Commons, Room 9
744 Primrose Street, Qualicum Beach
Mondays, Sept. 10 to Oct. 22, 2018
1:00 pm to 3:30 pm

Kelsey Recreation Centre
652 H'Kusam Way, Sayward
Tuesdays, Sept. 11 to Oct. 23, 2018
1:30 pm to 4:00 pm

Community Health Services
4711A Elizabeth Street, Port Alberni
Thursdays, Sept. 13 to Oct. 18, 2018
1:30 pm to 4:00 pm

Chronic Conditions

Vancouver Island Regional Library
6250 Hammond Bay Road, Nanaimo
Mondays, Sept. 17 to Oct. 29, 2018
1:00 pm to 3:30 pm

INTERESTED IN BECOMING A
VOLUNTEER PROGRAM LEADER
IN YOUR COMMUNITY?

Apply online at:

www.selfmanagementbc.ca/applicationform

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

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