

Self-Management

British Columbia



KNOWLEDGE + SKILLS + CONFIDENCE

put life back in your life

FREE Six-Session Workshops for Adults with Any Ongoing Physical or Mental Health Conditions

- ✓ 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



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA

SELF-MANAGEMENT WORKSHOPS

VANCOUVER COASTAL REGION

Chronic Conditions

Kerrisdale Community Centre
5851 West Boulevard, Vancouver
Mondays, Jan. 21 to Mar. 4, 2019
9:30 am to 12:00 pm

****Register directly through Vancouver Recreation****

Online: <https://ca.apm.activecommunities.com/vancouver/>

Phone: 604-257-8100 ext #1

Chronic Pain

The 55 Activity Centre
1201 Village Green Way, Squamish
Wednesdays, Jan. 23 to Feb. 27, 2019
6:00pm to 8:30 pm

Interested in Becoming a Volunteer Program Leader?

Chronic Pain Leader Training

GF Strong Rehabilitation Centre
4255 Laurel Street, Vancouver
January 26, 27, February 2, 3, 2019
9:30 am to 3:30 pm

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)

selfmgmt@uvic.ca