

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

SUNSHINE COAST

Chronic Conditions

Pender Harbour Health Centre
Boardroom

5066 Francis Peninsula Rd, Madeira Park
Fridays, Jan. 18 to Feb. 22, 2019
1:30 pm to 4:00 pm

Chronic Pain

Sechelt Hospital
Boardroom

5544 Sunshine Coast Hwy, Sechelt
Fridays, Jan. 18 to Feb. 22, 2019
10:00 am to 12:30 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)

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