

# 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

### INTERIOR HEALTH REGION

#### *Chronic Pain*

**Johnson Bentley Aquatic Centre**  
3737 Old Okanagan Hwy, West Kelowna  
Fridays, Jan. 18 to Feb. 22, 2019  
1:00 pm to 3:30 pm

**Kamloops - Downtown Y**  
400 Battle Street, Kamloops  
Thursdays, Jan. 24 to Feb. 28, 2019  
1:30 pm to 4:00 pm

**John Tod Centre Y**  
150 Wood Street, Kamloops  
Wednesdays, Jan. 30 to Mar. 6, 2019  
1:30 pm to 4:00 pm

#### *Diabetes*

**People Place**  
Room 3  
301-3402 27th Avenue, Vernon  
Wednesdays, Jan. 23 to Feb. 27, 2019  
6:00 pm to 8:30 pm

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**INTERESTED IN BECOMING A  
VOLUNTEER PROGRAM LEADER  
IN YOUR COMMUNITY?**

**Apply online at:**

[www.selfmanagementbc.ca/applicationform](http://www.selfmanagementbc.ca/applicationform)

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)