

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

Uptown Askews Salmon Arm
2701 11th Avenue NE, Salmon Arm
Fridays, Feb. 1 to Mar. 8, 2019
10:00 am to 12:30 pm

100 Mile House District General Hospital
555 Cedar Avenue, 100 Mile House
Tuesdays, Feb. 5 to Mar. 12, 2019
1:00 pm to 3:30 pm

Chronic Conditions

Parkinson Recreation Centre
1800 Parkinson Way, Kelowna
Tuesdays, Feb. 5 to Mar. 12, 2019
1:00 pm to 3:30 pm

Diabetes

Penticton Community Centre
Room 3, 325 Power Street, Penticton
Thursdays, Feb. 7 to Mar. 14, 2019
1:00 pm to 3:30 pm

Interested in Becoming a Volunteer Program Leader?

Chronic Pain Leader Training
Kootenay Career Development Society
1016 4th Street, Castlegar
Feb. 2, 3, 9, 10, 2019
8:30 am to 4:30 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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