



## 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**

### **NEW SELF-MANAGEMENT HEALTH COACH PROGRAM**

**FREE one-on-one phone support will help you get the most out of life!**

### FREE SELF-MANAGEMENT WORKSHOPS in KAMLOOPS

#### *Cancer: Thriving & Surviving*

John Tod Centre Y  
150 Wood Street, Kamloops  
Mondays, Jan. 22 to Mar. 5, 2018  
1:30 pm to 4:00 pm

#### *Chronic Pain*

Kamloops Downtown Y  
400 Battle Street, Kamloops  
Thursdays, Jan. 25 to Mar. 1, 2018  
1:30 pm to 4:00 pm

*Can't attend our in-person workshops?*

*Why not join one of our self-paced ONLINE Chronic Conditions Programs!*

Register at  
[www.selfmanage.org/onlinebc](http://www.selfmanage.org/onlinebc)

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*Train to become a Self-Management Program Leader in Your Community*

*Apply online*  
[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)

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