

Self-Management

British Columbia



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!**



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

FREE SIX-SESSION SELF-MANAGEMENT WORKSHOPS IN VANCOUVER COASTAL REGION

Chronic Conditions

Kerrisdale Seniors Centre
5851 West Boulevard, Vancouver
Mondays, Jan. 15 to Feb. 26, 2018
9:30 am to 12:00 pm

Chronic Pain

Powell River General Hospital
Mental Health Meeting Room
5000 Joyce Ave., 3rd Floor, Powell River
Fridays, Jan. 19 to Feb. 23, 2018
10:00 am to 12:30 pm

Train to become a Self-Management Program Leader in Squamish!

We have a 4 Day Leader Training
January 27, 28, February 3 & 4, 2018

From 9:30 am to 4:00 pm each day
at

The 55 Activity Centre
1201 Village Green Way, Squamish

Apply online
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