



## 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



### FREE SIX-SESSION SELF-MANAGEMENT WORKSHOPS

Vancouver Island

#### *Cancer: Thriving & Surviving*

Cook Street Village Activity Centre  
1 – 380 Cook Street, Victoria  
Saturdays, Jan. 13 to Feb. 17, 2017  
10:00 am to 12:30 pm

Hillside Seniors Helath Centre –  
Yakimovich Wellness Centre  
1454 Hillside Avenue, Victoria  
Thursdays, Jan. 25 to Mar. 1, 2017  
1:00 pm to 3:30 pm

#### *Chronic Pain*

Salt Spring Island Community Services  
Seniors' Wellness Program  
129 Hereford Ave., Salt Spring Island  
Wednesdays, Jan. 17 to Feb. 21, 2017  
3:00 pm to 5:30 pm

Cook Street Village Activity Centre  
1 – 380 Cook Street, Victoria  
Tuesdays, Feb. 6 to Mar. 13, 2017  
10:00 am to 12:30 pm

#### *Diabetes*

SHOAL Activity Centre  
10030 Resthaven Drive, Sidney  
Tuesdays, Feb. 6 to Mar. 13, 2017  
6:00 pm to 8:30 pm

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)