

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!**



Institute on Aging
& Lifelong Health



FREE SELF-MANAGEMENT WORKSHOPS SOUTH OKANAGAN REGION

Cancer: Thriving & Surviving

H2O Adventure & Fitness Centre
4075 Gordon Drive, Kelowna
Tuesdays, Jan. 2 to Feb. 6, 2018
1:00 pm to 3:30 pm

Southern Interior Rotary Lodge
2251 Abbott St., Kelowna
Thursdays, Jan. 18 to Feb. 22, 2018
6:00 pm to 8:30 pm

InspireHealth Kelowna
123 - 565 Bernard Avenue, Kelowna
Tuesdays, Feb. 6 to Mar. 13, 2018
2:00 pm to 4:30 pm

Chronic Pain

Johnson Bentley Aquatic Centre
3737 Old Okanagan Hwy., W. Kelowna
Fridays, Jan. 19 to Feb. 23, 2018
1:00 pm to 3:30 pm

Tutt Street Optometry
2918 Tutt St., Kelowna
Mondays, Feb. 19 to Mar. 26, 2018
6:00 pm to 8:30 pm

Diabetes

YMCA of Okanagan - Downtown
1011 - 505 Doyle Avenue, Kelowna
Wednesdays, Jan. 24 to Feb. 28, 2017
1:00 pm to 3:30 pm

To register or for further information
www.selfmanagementbc.ca
604-940-1273 (Lower Mainland)
1-866-902-3767 (Toll Free)
selfmgmt@uvic.ca