

# 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 CENTRAL 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](http://www.selfmanagementbc.ca)  
604-940-1273 (Lower Mainland)  
1-866-902-3767 (Toll Free)  
[selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)