



## 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**

**South 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 Health 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)**