



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 SELF-MANAGEMENT WORKSHOPS SOUTH OKANAGAN REGION

Cancer: Thriving & Surviving

Footprints Centre
190 Footprints Court, Penticton
Wednesdays, Feb. 14 to Mar. 21, 2018
1:30 pm to 4:00 pm

Penticton Community Centre
325 Power St., Penticton
Mondays, Mar. 19 to Apr. 23, 2018
1:00 pm to 3:30 pm

Chronic Pain

Discovery House
633 Winnipeg St., Penticton
Thursdays, Mar. 1 to Apr. 5, 2018
1:30 pm to 4:00 pm
Open to members of Discovery House only.
Call (250) 490-3076 to register.

Can't attend our in-person workshops? Join one of our self-paced ONLINE Chronic Conditions Programs!

Register at
www.selfmanage.org/onlinebc

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