



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



UPCOMING SELF-MANAGEMENT PROGRAMS NORTHEAST BC

Prince George

**Prince George Public Library –
Bob Harkins Branch**
888 Canada Games Way

Chronic Pain Workshop

Mar. 3 to Apr. 14 – 1:30 pm to 4:00 pm

Diabetes Workshop

Apr. 14 to May 26 – 10:30 am to 1:00 pm

Chronic Conditions Workshop

May 5 to Jun. 16 – 1:30 pm to 4:00 pm

Fort St. John

Fort St. John Hospital
8407 – 112th Avenue

Chronic Pain Workshop

Mar. 17 to Apr. 28 – 10:00 am to 12:30 pm

Diabetes Workshop

May 5 to June 16 – 10:00 am to 12:30 pm

*Can't attend our in-person workshops?
Why not 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