



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

UPCOMING SELF-MANAGEMENT PROGRAMS NORTHWEST BC

Prince Rupert

Prince Rupert Seniors Centre

21 Grenville Court

Chronic Pain Workshop

Jan. 30 to Mar. 6 - 6:00 pm to 8:30 pm

Prince Rupert Regional Hospital

1305 Summit Avenue

Chronic Pain Workshop

Apr. 7 to May 26 - 6:00 pm to 8:30 pm

Diabetes Workshop

Apr. 14 to May 26 - 10:00 am to 12:30 pm

Smithers

Smithers Healthy Living Centre

1070 Main Street

Chronic Pain Workshop

Feb. 17 to Mar. 24 - 1:00 pm to 3:30 pm

or

Apr. 30 to Jun. 11 - 6:00 pm to 8:30 pm

Diabetes Workshop

Apr. 12 to May 24 - 2:00 pm to 4:30 pm

Terrace

Terrace Public Library

4610 Park Avenue

Diabetes Workshop

Mar. 27 to May 1 - 6:00 pm to 8:30 pm

Chronic Pain Workshop

May 8 to June 12 - 6:00 pm to 8:30 pm

To register or for further information

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

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