



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

SELF-MANAGEMENT WORKSHOPS -

VANCOUVER COASTAL REGION

Chronic Conditions

The 55 Activity Centre
1201 Village Green Way, Squamish
Thursdays, April 19 to May 24, 2018
6:00 pm to 8:30 pm

Centre for Brain Health
Rm. 3402, 2215 Wesbrook Mall, Vancouver
Thursdays, April 26 to May 31, 2018
10:00 am to 12:30 pm

Chronic Pain

Roundhouse Community Centre
181 Roundhouse Mews, Vancouver
Sundays, Apr. 8 to May 13, 2018
1:00 pm to 3:30 pm
Please call the RCC to register 604-713-1800

St. Paul's Hospital
1081 Burrard St., Vancouver
Tuesdays, April 17 to May 22, 2018
1:15 pm to 3:45 pm

BC Women's Hospital
E200, 4500 Oak St., Vancouver
Thursdays, April 19 to May 24, 2018
1:15 pm to 3:45 pm

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