

# Self-Management

British Columbia



## KNOWLEDGE + SKILLS + CONFIDENCE

*put life back in your life*

### **FREE** Six-Session Workshops for Adults with Any Ongoing Physical or Mental Health Conditions

- ✓ 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**



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA

## SELF-MANAGEMENT WORKSHOPS

### NORTHERN HEALTH

#### *Chronic Pain*

Prince George & District Senior Citizens Activity Centre

425 Brunswick Street, Prince George

Saturdays, Feb. 9 to Mar. 16, 2019

1:00 pm to 3:30 pm

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#### **ALSO AVAILABLE:**

### SELF-MANAGEMENT HEALTH COACH PROGRAM

*FREE one-on-one phone support to help you get the most out of life!*

#### **AND**

### FREE ONLINE WORKSHOP

*Living a Healthy Life with Chronic Conditions*  
[selfmanage.org/onlinebc](http://selfmanage.org/onlinebc)

### INTERESTED IN BECOMING A VOLUNTEER PROGRAM LEADER IN YOUR COMMUNITY?

**Apply online at:**

[www.selfmanagementbc.ca/applicationform](http://www.selfmanagementbc.ca/applicationform)

*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)