

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

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland) | 1-866-902-3767 (Toll Free)
selfmgmt@uvic.ca

SELF-MANAGEMENT WORKSHOPS

INTERIOR HEALTH REGION

Cancer: Thriving & Surviving

John Tod Centre Y

150 Wood Street, Kamloops

Wednesdays, Oct. 10 to Nov. 14, 2018

2:00 pm to 4:30 pm

Tutt Street Optometry

3-2918 Tutt St., Kelowna

Mondays, Oct. 22 to Dec. 3, 2018

6:00 pm to 8:30 pm

Chronic Conditions

Winfield Senior Citizens Centre

9832 Bottom Wood Lake Rd, Lake Country

Wednesdays, Oct. 10 to Nov. 21, 2018

9:30 am to 12:00 pm

People Place

201-3402 27th Ave, Vernon

Tuesdays, Oct. 23 to Nov. 27, 2018

1:00 pm to 3:30 pm

Chronic Pain

Cedar Heights Community Centre

2316 Lakeview Drive, Sorrento

Thursdays, Oct. 4 to Nov. 8, 2018

1:00 pm to 3:30 pm

Oliver Senior Centre

5876 Airport St, Oliver

Mondays, Oct. 15 to Nov. 19, 2018

1:00 pm to 3:30 pm

Diabetes

Selkirk College, Silver King Campus

Room 116A, 2001 Silver King Rd, Nelson

Tuesdays, Oct. 2 to Nov. 6, 2018

9:30 am to 12:00 pm

YMCA of Okanagan - Downtown YMCA

1011-505 Doyle Avenue, Kelowna

Wednesdays, Oct. 17 to Nov. 21, 2018

1:00 pm to 3:30 pm

Uptown Askews

2701 11th Ave, Salmon Arm

Fridays, Oct. 19 to Nov. 23, 2018

10:00 am to 12:30 pm



University
of Victoria

Institute on Aging
& Lifelong Health



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COLUMBIA