

# 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 - INTERIOR

#### *Chronic Pain*

ACE Activity Centre

1131 6th Ave, Prince George

Fridays, Oct. 19 to Nov. 23, 2018

1:00 pm to 3:30 pm

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*Also available:*

### **FREE ONLINE WORKSHOP**

**Living a Healthy Life with  
Chronic Conditions**

**Six sessions starting**

**October 15 or 29, 2018**

[selfmanage.org/onlinebc](http://selfmanage.org/onlinebc)

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**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)