

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 - NORTHWEST

Chronic Pain

Prince Rupert Seniors Centre
21 Grenville Court, Prince Rupert
Tuesdays, Oct. 9 to Nov. 27, 2018
(no session Oct 30 & Nov 6)
5:00 pm to 7:30 pm

Prince Rupert Regional Hospital
1305 Summit Ave, Prince Rupert
Saturdays, Oct. 13 to Nov. 24, 2018
(no session Nov. 10)
1:30 pm to 4:00 pm

Diabetes

Prince Rupert Regional Hospital
1305 Summit Ave, Prince Rupert
Saturdays, Oct. 13 to Nov. 24, 2018
(no session Nov. 10)
10:00 am to 12:30 pm

Also available:

FREE ONLINE WORKSHOP

Living a Healthy Life with Chronic Conditions

Six sessions starting October 15 or 29, 2018

selfmanage.org/onlinebc

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca