

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

SUNSHINE COAST REGION

Chronic Pain

Sechelt Hospital, Boardroom
5544 Sunshine Coast Hwy, Sechelt
Fridays, Oct. 26 to Nov. 30, 2018
10:00 am to 12:30 pm

Also available: **ONLINE WORKSHOP**

Living a Healthy Life with
Chronic Conditions
Six sessions starting Oct. 15 & 29
selfmanage.org/onlinebc

Interested in Becoming a Volunteer Program Leader?

Chronic Conditions Leader Training

Sechelt Hospital
5544 Sunshine Coast Hwy, Sechelt
November 3, 4, 10, 11, 2018
10:00 am to 4:00 pm

Apply online at:

www.selfmanagementbc.ca/applicationform

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

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