

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

NORTH VANCOUVER ISLAND

Chronic Pain

Nanaimo Community Hospice
1080 St. George Crescent, Nanaimo
Tuesdays, Oct. 9 to Nov. 13, 2018
1:00 pm to 3:30 pm

Quadra Island Community Centre
Room 1, 970 West Road, Quadra Island
Mondays, Oct. 15 to Nov. 26, 2018
9:30 am to 12:00 pm

Campbell River Hospital
375 2nd Ave, Campbell River
Wednesdays, Oct. 17 to Nov. 21, 2018
1:30 pm to 4:00 pm

Island Health Public Health Unit
7070 Market Street, Port Hardy
Tuesdays, Oct. 23 to Nov. 27, 2018
6:00 pm to 8:30 pm

Comox Valley Nursing Centre
615 10th St, Courtenay
Mondays, Oct. 29 to Dec. 10, 2018
1:30 pm to 4:00 pm

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

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