

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

VANCOUVER COASTAL REGION

Chronic Pain

Roundhouse Community Centre
181 Roundhouse Mews, Vancouver
Sundays, Oct. 28 to Dec. 9, 2018
2:00 pm to 4:30 pm

St Paul's Hospital
Providence Building, Level 1
Conference Room 3
1081 Burrard St, Vancouver
Tuesdays, Oct. 30 to Dec. 4, 2018
1:15 pm to 3:45 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 IN YOUR COMMUNITY?

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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