

Self-Management

British Columbia



LIVING WITH CHRONIC CONDITIONS? **WE CAN HELP!**

Free Six-Session / 2.5 Hours a Week Workshops for BC Adults

- Learn techniques to better manage your conditions
 - 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 – SPACE LIMITED

INTERESTED IN BECOMING A **VOLUNTEER**
PROGRAM LEADER IN YOUR COMMUNITY?

APPLY ONLINE

www.selfmanagementbc.ca/applicationform



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

SPRING 2018 NORTHEAST BC and NORTHERN INTERIOR BC SELF-MANAGEMENT WORKSHOPS

Prince George

Prince George Public Library

Bob Harkins Branch

888 Canada Games Way

Chronic Conditions Workshop

May 5 to Jun. 16 – 1:30 pm to 4:00 pm

Vanderhoof

Integris Community Centre

186 Columbia Street West

Chronic Pain Workshop

May 5 to June 16 – 1:30 pm to 4:00 pm

Upcoming 4 Day Volunteer Leader Trainings!

Chronic Conditions Program

Prince George - April 7, 14, 21 & 28

OR

Chronic Pain Program

Quesnel - May 7 to 10

Apply online at

www.selfmanagementbc.ca/applicationform

Register on-line, phone or email

www.selfmanagementbc.ca

1-866-902-3767 (Toll Free)

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