

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

VOLUNTEER TRAINING TO LEAD OUR **CHRONIC CONDITIONS** PROGRAM IN

PRINCE GEORGE – APRIL 7, 14, 21 & 28

APPLY ONLINE

www.selfmanagementbc.ca/applicationform



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

SPRING 2018 NORTHWEST BC SELF-MANAGEMENT WORKSHOPS

Prince Rupert

Prince Rupert Library

101 6th Avenue West

Chronic Pain Workshop

Apr. 7 to May 26 - 1:30 pm to 4:00 pm

Prince Rupert Regional Hospital

1305 Summit Avenue

Diabetes Workshop

Apr. 14 to May 26 – 10:00 am to 12:30 pm

Smithers

Smithers Healthy Living Centre

1070 Main Street

Diabetes Workshop

Apr. 5 to May 17 - 1:00 pm to 3:30 pm

Chronic Pain Workshop

Apr. 30 to Jun. 11 - 6:00 pm to 8:30 pm

Terrace

Terrace Public Library

4610 Park Avenue

Chronic Pain Workshop

May 2 to June 6 - 6:00 pm to 8:30 pm

Register on-line, phone or email
www.selfmanagementbc.ca

1-866-902-3767 (Toll Free)
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