

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 / POWELL RIVER

Chronic Pain

Powell River General Hospital
Conference Room
5000 Joyce Avenue, Powell River
Saturdays, Feb. 16 to Mar. 23, 2019
1:30 pm to 4:00 pm

ALSO AVAILABLE:

SELF-MANAGEMENT HEALTH COACH PROGRAM

FREE one-on-one phone support to help you get the most out of life!

AND

FREE ONLINE WORKSHOP

Living a Healthy Life with Chronic Conditions
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)

selfmgmt@uvic.ca