

# 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 ISLAND / GULF ISLANDS

#### *Chronic Pain*

Vancouver Island Regional Library:  
North Nanaimo

6250 Hammond Bay Road, Nanaimo  
Mondays, Feb. 4 to Mar. 18, 2019  
1:00 pm to 3:30 pm

Pender Island Health Centre  
5715 Canal Road, Pender Island  
Wednesdays, Feb. 27 to Apr. 3, 2019  
1:00 pm to 3:30 pm

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#### *Interested in Becoming a Volunteer Program Leader?*

##### Diabetes Leader Training

Hillside Seniors Health Centre -  
Yakimovich Wellness Centre  
1454 Hillside Avenue, Victoria  
Feb. 21, 22, 28, Mar. 1, 2019  
9:30 am to 4:00 pm

##### **Apply online at:**

[www.selfmanagementbc.ca/applicationform](http://www.selfmanagementbc.ca/applicationform)

*To register or for further information:*

[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

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