

Knowledge, Skills & Confidence

You CAN live a healthy life!

Cancer: Thriving & Surviving Self-Management Program



- ◆ Learn techniques to deal with problems such as frustration, fatigue, pain, poor sleep and living with uncertainty
- ◆ Communicate effectively with family, friends and health care team
- ◆ Make decisions and future plans for healthcare

Free Six-Session Workshop for adult cancer survivors and those affected by cancer

Family Members and Friends Welcome

TIME/DATES: Thursdays, from Jan. 18th to Feb. 22nd, 2018
6:00 PM - 8:30 PM

LOCATION: Southern Interior Rotary Lodge (Cancer Society)
2251 Abbott Street, Kelowna

TO REGISTER: 604-940-1273 or Toll Free: 1-866-902-3767
www.selfmanagementbc.ca

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**University
of Victoria**

Institute on Aging
& Lifelong Health



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