

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: Mondays from March 19 to April 23, 2018
1:00 pm to 3:30 pm

LOCATION: Penticton Community Centre
325 Power Street, Penticton

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
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