

KNOWLEDGE + SKILLS + CONFIDENCE

put life back in your 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 health care

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

Family Members and Friends Welcome

DATES/TIME: Mondays, April 1 to May 13, 2019
1:30pm to 4:00pm

LOCATION: BC Cancer Clinic
399 Royal Avenue, Kelowna

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

Self-Management BC programs follow a scent-free policy. For the health and consideration of other participants, please refrain from wearing fragrances in our workshops. Thank you!



University
of Victoria

Institute on Aging
& Lifelong Health

Self-Management
British Columbia



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