



This fall...
Refer a Friend
to a
Self-Management Workshop

Invite your friends to register for a self-management workshop offered this fall. The person with the most referrals will receive a

\$100 Amazon Gift Certificate

Refer as many friends as you like! Workshops must be completed by December 31st, 2015. Your friends may register online or by phone.

www.selfmanagementbc.ca

604-940-1273 or 1-866-902-3767

Be a part of **changing** people's lives...

Forward the names of your referrals to
selfmgmt@uvic.ca

Self-Management
British Columbia