



KNOWLEDGE + SKILLS + CONFIDENCE

put life back in your life

FREE Six-Session Workshops for Adults with Any Ongoing 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

ALSO AVAILABLE:

SELF-MANAGEMENT HEALTH COACH PROGRAM

FREE one-on-one phone support will help you get the most out of life!

Call 1-866-902-3767 or email smhcoach@uvic.ca
for more information



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

SELF-MANAGEMENT WORKSHOPS

INTERIOR HEALTH REGION

Chronic Pain

Penticton Community Centre
325 Power Street, Penticton

Thursdays, May 23 to June 27,
2019

1:45pm to 4:15pm

*Interested in Becoming a
Volunteer Program Leader
in Your Community?*

Apply online at:

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

*To register or for further
information:*

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca

Connect with us:  @SelfManagementBC
 @SMPatUVic