

Self-Management

British Columbia



KNOWLEDGE + SKILLS + CONFIDENCE

put life back in your life

FREE Six-Session Workshops for Adults with Any Ongoing Physical or Mental 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

Interested in Becoming a Volunteer Program Leader?

Chronic Pain Leader Training

Kootenay Career Development Society, 1016 4th Street, Castlegar

May 2, 3, 4, 5, 2019 - 9:00 am to 4:30 pm

Apply online at:

www.selfmanagementbc.ca/applicationform

SELF-MANAGEMENT WORKSHOPS INTERIOR HEALTH REGION

Cancer: Thriving & Surviving

John Tod Centre Y

150 Wood Street, Kamloops

Wednesdays, May 1 to June 5, 2019

1:30 pm to 4:00 pm

Chronic Conditions

Kelowna Family Y

375 Hartman Road, Kelowna

Tuesdays, May 7 to June 11, 2019

1:00 pm to 3:30 pm

Chronic Pain

Penticton Community Centre

325 Power Street, Penticton

Thursdays, May 9 to June 13, 2019

1:45 pm to 4:15 pm

Selkirk College (Silver King Campus)

2001 Silver King Road, Nelson

Thursdays, May 9 to June 13, 2019

9:30 am to 12:00 pm

Diabetes

Selkirk College (Silver King Campus)

2001 Silver King Road, Nelson

Wednesdays, May 8 to June 19, 2019

9:30 am to 12:00 pm

Hawthorne Park

867 KLO Road, Kelowna

Tuesdays, May 14 to June 18, 2019

1:00 pm to 3:30 pm

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



**University
of Victoria**

Institute on Aging
& Lifelong Health



**BRITISH
COLUMBIA**