

KNOWLEDGE + SKILLS + CONFIDENCE

put life back in your life

The University of Victoria delivers Self-Management Programs for persons living with chronic health conditions in communities across BC. These evidence-based programs are led by trained volunteers, and we are currently looking for persons to lead these programs in your area. Training and support will be provided. If you are interested in becoming a leader and helping others to live a healthier, happier life, then this training opportunity may be for you.

Become a Self-Management Program Volunteer Leader



- ✓ Contribute to the well-being of others
- ✓ Learn effective strategies that help people manage their health
- ✓ Learn how to co-lead a group program to teach these strategies to others
- ✓ Gain skills and confidence in managing your own health

A FREE Four-Day Leader Training Workshop for the Self-Management Programs will be scheduled for Prince Rupert

Interested?

Contact Self-Management BC today!

For more information, call toll-free: 1-866-902-3767

To apply, visit our website: www.selfmanagementbc.ca/applicationform



**University
of Victoria**

Institute on Aging
& Lifelong Health

Self-Management
British Columbia



**BRITISH
COLUMBIA**