

Self-Management

British Columbia



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

SELF-MANAGEMENT WORKSHOPS

NORTHERN HEALTH REGION

Chronic Pain

ACE Activity Centre

1131 6th Avenue, Prince George

Fridays, Mar. 27 to May 8, 2020*

1:00pm to 3:30pm

**No session April 10*

Quesnel District Arts & Recreation Centre

500 North Star Road, Quesnel

Fridays, Mar. 27 to May 1, 2020

1:00pm to 3:30pm

Interested in Becoming a Volunteer Program Leader in your Community?

4-Day Chronic Pain Training

ACE Activity Centre

1139 6th Avenue, Prince George

March 10, 11, 12, 13, 2020

9:30am to 4:00pm

Terrace Public Library

4610 Park Avenue, Terrace

March 31, April 1, 2, 3, 2020

10:30am to 4:30pm

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



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA