

# 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**



University  
of Victoria

Institute on Aging  
& Lifelong Health



BRITISH  
COLUMBIA

## SELF-MANAGEMENT WORKSHOPS

### NORTHERN HEALTH

#### *Chronic Pain*

Prince Rupert Regional Hospital  
(Boardroom)

1305 Summit Avenue, Prince Rupert

Saturdays, May 4 to June 15, 2019

10:00 am to 12:30 pm

#### **ALSO AVAILABLE:**

### SELF-MANAGEMENT HEALTH COACH PROGRAM

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

#### *Interested in Becoming a Volunteer Program Leader?*

### Chronic Conditions Leader Training

Terrace Public Library

4610 Park Avenue, Terrace

April 29, 30, May 1, May 2, 2019

9:30 am to 4:30 pm

#### **Apply online at:**

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

*To register or for further information:*

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

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

[selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)

Connect with us:



@SelfManagementBC



@SMPatUVic