



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

VANCOUVER ISLAND

Chronic Pain

Comox Valley Nursing Centre
615 10th Street, Courtenay

Mondays, June 17 to July 29, 2019

1:30 pm to 4:00 pm

Interested in Becoming a Volunteer Program Leader? **Chronic Pain Leader Training**

Comox Valley Nursing Centre
615 10th Street, Courtenay

June 7, 8, 9, 10, 2019
10:00am to 4:00 pm

OR

**Vancouver Island Regional Library:
North Nanaimo**

6250 Hammond Bay Road, Nanaimo

July 11, 12, 18, 19, 2019
10:00am to 4:00pm

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



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA

Connect with us:  @SelfManagementBC
 @SMPatUVic