

# KNOWLEDGE + SKILLS + CONFIDENCE

*put life back in your life*

## Cancer: Thriving & Surviving Self-Management Program



- ✓ Learn techniques to deal with problems such as frustration, fatigue, pain, poor sleep and living with uncertainty
- ✓ Communicate effectively with family, friends and health care team
- ✓ Make decisions and future plans for health care

**FREE Six-Session Workshop for adult cancer survivors and those affected by cancer**

*Family Members and Friends Welcome*

**DATES/TIME:** Saturdays, May 2 to June 13, 2020  
12:00 to 2:30pm

**LOCATION:** Glen Pine Pavilion  
1200 Glen Pine Court, Coquitlam

**TO REGISTER:** 604-940-1273 or Toll Free: 1-866-902-3767  
[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

*Connect with us:*



@SelfManagementBC



@SMPatUVic

\*\*Self-Management BC programs follow a scent-free policy. For the health and consideration of other participants, please refrain from wearing fragrances in our workshops. Thank you!\*\*



University  
of Victoria

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& Lifelong Health

**Self-Management**  
*British Columbia*



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Self-Management BC is supported by the Province of British Columbia