

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

This **FREE Four-Day Leader Training Workshop for the *Chronic Conditions Self-Management Program* will be held at:**

Terrace Public Library

4610 Park Ave, Terrace

April 29, 30, May 1, 2, 2019 - 9:30am to 4:30pm

& 1 Day Cross Training in Chronic Pain Self-Management

Program May 3, 2019 9:30 am to 4:30 pm

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



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