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:

Five Corners Church, 3160 10th Avenue SE, Salmon Arm

November 18, 19, 20, 21, 2019 from 9:30 am to 4:00 pm each day

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!

Connect with us: **@SelfManagementBC** **@SMPatUVic**

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

British Columbia

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