

# 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:  
Princeton Regional Hospital, 98 Ridgewood Dr, Princeton  
February 3, 4, 5, 6, 2020 from 9:30 am to 4:00 pm each day**

*\*Optional 1-day Cross-Training for Chronic Pain Self-Management on Friday, Feb 7th*

*\*\*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](http://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