



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

**1-TO-1 TELEPHONE COACHING AVAILABLE:
SELF-MANAGEMENT HEALTH COACH PROGRAM
OR
FRAILTY COACHING PROGRAM**

Call 1-866-902-3767 or Email selfmgmt@uvic.ca for more info!

INTERIOR HEALTH WORKSHOPS

Chronic Pain

March 21 to April 25

Fridays

9:30am to 12:00pm

Brocklehurst Gemstone Care Ctr

1955 Tranquille Road

Kamloops, BC

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May 9 to June 13

Fridays

1:30pm to 4:00pm

Johnson Bentley Aquatic Ctr

3737 Old Okanagan Hwy

West Kelowna, BC

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

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