



## 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**

#### ALSO AVAILABLE:

#### SELF-MANAGEMENT HEALTH COACH PROGRAM

**FREE** one-on-one phone support will help you get the most out of life!

Call 1-866-902-3767 or email [smhcoach@uvic.ca](mailto:smhcoach@uvic.ca)  
for more information



University  
of Victoria

Institute on Aging  
& Lifelong Health



BRITISH  
COLUMBIA

## IN-PERSON WORKSHOPS

### **Chronic Pain**

Cranbrook Alliance Church

1200 Kootenay Street N, Cranbrook BC

January 13—February 17

Saturdays

10:00am to 12:30pm

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Penticton Community Centre

325 Power Street, Penticton BC

January 25—February 29

Thursdays

1:00pm to 3:30pm

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Johnson Bentley Aquatic Centre

3737 Old Okanagan Hwy, W. Kelowna BC

January 26—March 1

Fridays

1:00pm to 3:30pm

### **Cancer**

BC Cancer

399 Royal Avenue, Kelowna BC

March 7—April 11

Thursdays

1:00pm to 3:30pm

To register or for further information:

[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

[selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)

Connect with us:  @SelfManagementBC  
 @SMPatUVic