



## 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](mailto:selfmgmt@uvic.ca) for more info!



University  
of Victoria

Institute on Aging  
& Lifelong Health



BRITISH  
COLUMBIA

## INTERIOR HEALTH WORKSHOPS

### **Cancer: Thriving & Surviving**

**February 4 to March 11**  
**Tuesdays, 1:00pm—3:30pm**  
**Footprints to Employment**  
**190 Footprints Court**  
**Penticton, BC**

### **Chronic Pain**

**January 24 to February 28**  
**Fridays, 1:30pm—4:00pm**  
**Johnson Bentley Aquatic Ctr**  
**3737 Old Okanagan Hwy**  
**West Kelowna, BC**

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**January 29 to March 5**  
**Wednesdays**  
**1:30pm- 4:00pm**  
**Merritt Library– Thompson**  
**Nicola Regional Library**  
**1691 Garcia Street**  
**Merritt BC**

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