

Manage cancer and get the most out of life

GAIN KNOWLEDGE + SKILLS + CONFIDENCE

Cancer: Thriving & Surviving Self-Management Program

The Cancer: Thriving & Surviving Program is designed for people who are living with and/or have been affected by cancer. It will help you learn skills to coordinate all the things needed to manage your health and stay active in your life and relationships.



Three formats to choose from:



In-Person Workshops

Our **In-Person** group workshops are held at host venues in communities throughout BC (max 12 participants). Offered over six sessions, 2.5 hours per week for 6 weeks. The “*Living a Healthy Life*” resource book is provided.



Virtual Workshops

Our virtual group workshops are conducted via **web-cams**, and are offered over six sessions, 2.5 hours per week for 6 weeks (max 8 participants). The “*Living a Healthy Life*” resource book is provided.



Self-Study: Tool Kit for Active Living

Participants receive a one-time mailing of program materials that include the “*Living a Healthy Life*” resource book and self-assessment/guide booklet. Suitable for those who enjoy **independent** self-paced learning.

Contact Self-Management BC

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