

Manage cancer and get the most out of life

GAIN KNOWLEDGE + SKILLS + CONFIDENCE

Cancer: Thriving & Surviving Self-Management Program

Designed for people who are living with and/or have been affected by cancer. Learn skills to coordinate all the things needed to manage your health and stay active in your life and relationships.

Virtual Program



Our virtual interactive program using **web-cams** is offered over six sessions, 2.5 hours per week for 6 weeks as a small group (6-8 persons) with leaders and using the “*Living a Healthy Life*” resource book provided.

Interactive session topics include:

- Techniques to deal with problems such as frustration, fatigue, pain and living with uncertainty
- Communicating effectively
- Setting priorities
- Relationships
- Making decisions about treatment and complementary therapies
- Nutrition and appropriate exercise

What People are saying:

“Don’t know where we would be without the knowledge and strength gathered in this workshop.”

“Just knowing different ways to approach each day is comforting.”

“The facilitators provided an atmosphere of stable comfort so we could be ourselves.”

Contact Self-Management BC

604-940-1273 or Toll Free: 1-866-902-3767
selfmgmt@uvic.ca | selfmanagementbc.ca



**University
of Victoria**

Institute on Aging
& Lifelong Health

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British Columbia



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