

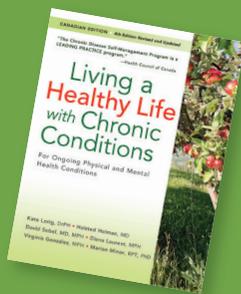


## Program Facts:

The **Cancer: Thriving and Surviving Self-Management Program** is a six-week workshop that helps people who are cancer survivors to better manage their health and daily lives. The program is a workshop given two and a half hours for six weeks in community settings.

This workshop is a licensed program developed and researched at Stanford University. It follows a standardized format that is proven to help people learn to better manage symptoms.

**FREE RESOURCE BOOK PROVIDED "LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS"**



## CONTACT US

For more information and to register for a **FREE** six session workshop in your area:

**1-866-902-3767 Toll Free**

**604-940-1273 Lower Mainland**

**selfmgmt@uvic.ca**

**www.selfmanagementbc.ca**

.....  
**Looking to become a volunteer? Join our team!**

Contact us to register for the next four-day Leader Training Series in your community and become a volunteer leader.



Self-Management BC is supported by the Province of British Columbia.

To order additional brochures call: 1-866-902-3767 • Printed April, 2016

# Self-Management

*British Columbia*

Join a free workshop to help you manage cancer and get the most out of life.

*put life back in your life*

FREE WORKSHOP SERIES

## Cancer: Thriving & Surviving Program



**University of Victoria**

**Institute on Aging & Lifelong Health**



# KNOWLEDGE+SKILLS+CONFIDENCE

Subjects covered in the workshop include:

- techniques to deal with problems such as frustration, fatigue, pain, poor sleep and living with uncertainty
- setting priorities
- communicating effectively with family, friends and health professionals
- making decisions about treatment and complementary therapies
- relationships
- nutrition, and
- appropriate exercise for regaining and maintaining flexibility and endurance.

What participants are saying

*“The people start to interact and ask questions of each other, giving each other tips on how and where to find answers to their questions. They don't want the workshop to end.”*

**OVER 30,000 BRITISH COLUMBIANS HAVE TAKEN A SELF-MANAGEMENT PROGRAM**

## Cancer: Thriving and Surviving Self-Management Program is...

Designed for people who are living with and/or have been affected by cancer. The workshop gives participants the skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives and relationships.

Groups meet once a week for 2 ½ hours, over six weeks. There are ten to sixteen participants in each workshop.

These workshops are offered throughout BC at **NO COST** to the participant.



## The Symptom Cycle

While cancer or its treatment can certainly cause pain, fatigue or anxiety, it is not the only cause. Each of these challenges can by themselves contribute to the others creating a vicious cycle unless we learn how to break it.

