



# SELF-MANAGEMENT:

*Staying **Happy,**  
**Healthy** and **Active**  
Between Visits to the Doctor*

Wednesday, June 1, 2022  
1:00PM - 2:30PM PDT

**HYBRID SESSION:**  
David Lam Auditorium,  
University of Victoria  
or join us by Zoom!



## Dr. Kate Lorig

*Founder of the Self-Management Resource Center  
self-management programs, Professor Emerita,  
School of Medicine, Stanford University*

Even if we have long-term conditions like arthritis, heart disease, diabetes, or Parkinson's Disease, we want to continue doing the things we need and want to do. At the same time, there are challenges such as pain, depression, fatigue, disability, and/or anxiety. Relationships with friends and family change and we may not know how to use our limited time with health care providers. This session will begin with finding out the major concerns of the audience. These will then be the focus of the session. It is hoped that each person will leave with new ideas and the commitment to try a new tool to manage their long-term condition.

REGISTER AT: [HTTPS://EVENTS.EPLY.COM/SELFMANAGEMENT](https://events.Emily.com/selfmanagement)



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