

Self-Management

British Columbia



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

ALSO AVAILABLE:

SELF-MANAGEMENT HEALTH COACH PROGRAM

FREE one-on-one phone support will help you get the most out of life!

Call 1-866-902-3767 or email smhcoach@uvic.ca
for more information



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA

IN-PERSON WORKSHOPS

Chronic Pain

Community Rec & Cultural Centre

6660 Pioneer Ave, Agassiz BC

Thursdays, Jan 26- Mar 2, 9:30am-12pm

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Langley Senior Resources Society

20605—51B Street, Langley BC

Thursdays, Jan 26- Mar 2, 9:30am-12pm

Chronic Conditions

Chilliwack & FH Rural Primary Care Ctr

Unit #104— 7955 Evans Rd, Chilliwack BC

Tuesdays, Jan 24- Feb 28, 9:30am-12pm

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Timms Community Centre

Multi-Purpose Rm 1

20399 Douglas Crescent, Langley BC

Tuesdays, Jan 24- Feb 28, 9:30am-12pm

Diabetes

Walnut Grove Community Centre

8889 Walnut Grove Dr, Langley BC

Sundays, Jan 29- Mar 5, 1:30pm-4pm

VIRTUAL WORKSHOPS

Chronic Conditions

Thursdays, Jan 12-Feb 16, 10am-12:30pm

Thursdays, Jan 26- Mar 2, 6:30-7:30pm

TELEPHONE WORKSHOPS

Chronic Conditions

Mondays, Jan 16-Feb 20, 1pm-2pm

Wednesdays, Jan 25-Mar 1, 9:30-10:30am

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca

Connect with us:  @SelfManagementBC
 @SMPatUVic