

# 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***

**1-TO-1 TELEPHONE COACHING AVAILABLE:**  
**SELF-MANAGEMENT HEALTH COACH PROGRAM**  
**OR**  
**FRAILTY COACHING PROGRAM**

**Call 1-866-902-3767 or Email [selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca) for more info!**

## FRASER HEALTH SOUTH IN-PERSON WORKSHOPS

### **Chronic Conditions**

**October 7 to November 18**

**Tuesdays**

**9:30am to 12:00pm**

**KinVillage Association**

**5430 10th Avenue**

**Tsawwassen, BC**

***\*Please check our website  
regularly for newly added  
workshops!***

**[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)**

***To register or for further information:***

**[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)**

**604-940-1273 (Lower Mainland)**

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

**[selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)**



**University  
of Victoria**

Institute on Aging  
& Lifelong Health



**BRITISH  
COLUMBIA**

**Connect with us:**



**@SelfManagementBC**

**@SMPatUVic**