

# 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!*



University  
of Victoria

Institute on Aging  
& Lifelong Health



## INTERIOR HEALTH IN-PERSON WORKSHOPS

### Chronic Conditions

**March 5 to April 9**

**Thursdays, 1:00pm to 3:30pm**

**Penticton Community Ctr, Rm 3**

**325 Power St, Penticton BC**

### Chronic Pain

**April 8 to May 13**

**Wednesdays, 1:30pm to 4:00pm**

**Footprints to Employment**

**190 Footprints Court**

**Penticton, BC**

## VIRTUAL WORKSHOPS

### Diabetes

**February 17 to March 24**

**Tuesdays**

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

### Chronic Pain

**March 4 to April 8**

**Wednesdays**

**6:00pm to 8:30pm**

*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)

*Connect with us:*  [@SelfManagementBC](https://www.facebook.com/SelfManagementBC)

 [@SMPatUVic](https://twitter.com/SMPatUVic)