

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

IN-PERSON WORKSHOPS

Chronic Pain

The Mall at Piccadilly

1151 10th Avenue SW, Salmon Arm BC
Tuesdays, Mar 28– May 2, 1230pm-3pm

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Cranbrook Alliance Church

1200 Kootenay Street N, Cranbrook BC
Mondays, Apr 24– June 5, 5pm-730pm

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Footprints to Employment

190 Footprints Court, Penticton BC
Thursdays, May 4– June 8, 130pm-4pm

VIRTUAL ZOOM® WORKSHOPS

Cancer: Thriving & Surviving

Wednesdays, Apr 12– May 17

10am-1230pm

Chronic Conditions

Thursdays, Apr 13-May 18

1pm-330pm

Chronic Pain

Mondays, Apr 17-May 29

1pm –330pm

Diabetes

Wednesdays, Apr 26– May 31

130pm-4pm

TELEPHONE WORKSHOPS

Diabetes

Wednesdays, Apr 12-May 17

4pm-5pm

Chronic Pain

Wednesdays, May 3– June 7

1pm-2pm

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



University
of Victoria

Institute on Aging
& Lifelong Health



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