

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

Okanagan Regional Library– Vernon
Large Mtg Rm, 2800 30th Ave, Vernon BC
Thursdays, Sept 14– Oct 19, 6pm-830pm

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Cranbrook Alliance Church, North Star Rm
1200 Kootenay St N, Cranbrook, BC
Saturdays, Sept 16– Oct 28, 10am-1230pm

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Thompson-Nicola Regional Library
693 Tranquille Road, Kamloops BC
Mondays, Sept 18-Oct 30, 1pm-330pm

Chronic Conditions

Penticton Community Centre
325 Power Street, Penticton BC
Thursdays, Sept 14– Oct 19, 1pm-330pm

Cancer

BC Cancer– Okanagan Room
399 Royal Avenue, Kelowna BC
Tuesdays, Oct 3-Nov 7, 1pm-330pm

VIRTUAL WORKSHOPS

Chronic Conditions

Tuesdays, Sept 12–Oct 17
10:00am to 12:30pm

Chronic Pain

Fridays, Sept 15-Oct 20
1:00pm to 3:30pm

Diabetes

Wednesdays, September 6–October 11
9:30am to 12:00pm

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca



University
of Victoria

Institute on Aging
& Lifelong Health



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COLUMBIA

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