

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 for more info!

INTERIOR HEALTH WORKSHOPS

Chronic Pain

January 24 to February 28
Fridays, 1:30pm—4:00pm
Johnson Bentley Aquatic Ctr
3737 Old Okanagan Hwy
West Kelowna, BC

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January 29 to March 5
Wednesdays, 1:30pm—4:00pm
Merritt Library

Thompson Nicola Reg. Library
1691 Garcia St, Merritt BC

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January 29 to March 5
Wednesdays, 1:00pm—3:30pm
Brocklehurst Gemstone Care Centre
1955 Tranquille Road
Kamloops BC

Cancer: Thriving & Surviving

February 4 to March 11
Tuesdays, 1:00pm—3:30pm
Footprints to Employment
190 Footprints Crt, Penticton BC

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



BRITISH COLUMBIA

Connect with us:  @SelfManagementBC
 @SMPatUVic