

# 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!**

## INTERIOR HEALTH IN-PERSON WORKSHOPS

### **Chronic Conditions**

***September 18 to October 23***

***Thursdays***

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

***Penticton Community Ctr***

***325 Power Street***

***Penticton, BC***

***Check our website regularly  
for newly added workshops,  
as well as other  
program options!***

***[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**