

# 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](mailto:smhcoach@uvic.ca)  
for more information

## IN-PERSON WORKSHOPS

### **Chronic Pain**

**Thompson-Nicola Regional Library**

**693 Tranquille Road**

**Kamloops BC**

**March 4 to April 15**

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

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**Orchard Valley Counselling Services**

**102—347 Leon Avenue**

**Kelowna BC**

**March 13 to April 17**

**Wednesdays, 4:00pm to 6:30pm**

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**Nelson Public Library**

**602 Stanley Street**

**Nelson BC**

**March 20 to April 24**

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

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



@SMPatUVic



University  
of Victoria

Institute on Aging  
& Lifelong Health



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