



## 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 VIRTUAL WORKSHOPS

### **Chronic Conditions**

*April 2 to May 7*

**Wednesdays, 6:00pm to 8:30pm**

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*April 17 to May 22*

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

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*May 22 to June 26*

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

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*June 17 to July 29*

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

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*June 18 to July 23*

**Wednesdays, 6:00pm to 8:30pm**

### **Chronic Pain**

*May 20 to June 24*

**Tuesdays, 6:00pm to 8:30pm**

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)



University  
of Victoria

Institute on Aging  
& Lifelong Health



BRITISH  
COLUMBIA

Connect with us:



@SelfManagementBC

@SMPatUVic