

# 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



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA

## IN-PERSON WORKSHOPS

### **Chronic Pain**

Penticton Community Centre  
325 Power Street, Penticton BC  
Tuesdays, Oct 4- Nov 8, 2pm-4:30pm

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### Revelstoke Library

605 Campbell Avenue, Revelstoke BC  
Tuesdays, Oct 25- Nov 29, 2pm-4:30pm

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### Society for Learning in Retirement

1434 Graham Street, Kelowna BC  
Thursdays, Oct 27- Dec 1, 1pm-3:30pm

### **Chronic Conditions**

Penticton Community Centre  
325 Power Street, Penticton BC  
Mondays, Nov 14- Dec 19, 10am-12:30pm

### **Diabetes**

Cranbrook Alliance Church  
1200 Kootenay Street N, Cranbrook BC  
Mondays, Oct 17- Nov 28, 6pm-8:30pm

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## VIRTUAL WORKSHOPS

### **Chronic Conditions**

Saturdays, Nov 12- Dec 17, 10am-12:30pm

### **Diabetes**

Thursdays, Oct 6- Nov 10, 9:30am-12pm

### **Cancer: Thriving & Surviving**

Wednesdays, Nov 2- Dec 7, 1pm-3:30pm

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## TELEPHONE WORKSHOPS

### **Chronic Conditions**

Wednesdays, Oct 19- Nov 23  
9:30am-10:30am

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