

KNOWLEDGE + SKILLS + CONFIDENCE

Become a Self-Management Program Volunteer Leader



- ✓ Contribute to the well-being of others
- ✓ Learn effective strategies that help people manage their health
- ✓ Learn how to co-lead a group program to teach these strategies to others
- ✓ Gain skills and confidence in managing your own health

Self-Management BC offers programs to residents of BC living with any type of chronic health condition who want to learn skills to better manage their daily challenges. Our evidence-based programs are led by trained volunteers.

JOIN OUR TEAM and support others to live a healthier, happier life.

Training: Virtual training (webcam needed) twice a week for 7 weeks

Next Virtual Training

Interested? Contact us

Toll-free: 1-866-902-3767 selfmgmt@uvic.ca

Or click: “Become a Volunteer” at selfmanagementbc.ca



**University
of Victoria**

Institute on Aging
& Lifelong Health

Self-Management
British Columbia



**BRITISH
COLUMBIA**