

# 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

## VIRTUAL WORKSHOPS

### **Chronic Conditions**

Tuesdays, September 12—October 17

10:00am to 12:30pm

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Wednesdays, October 11—November 15

2:30pm to 5:00pm

### **Chronic Pain**

Fridays, September 15—October 20

1:00pm to 3:30pm

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Thursdays, September 28—November 2

2:30pm to 5:00pm

### **Diabetes**

Wednesdays, September 6—October 11

9:30am to 12:00pm

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Thursdays, October 12—November 16

1:30pm to 4:00pm

### **Cancer**

Tuesdays, November 14—December 19

10:00am to 12:30pm

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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