

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

**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 for more info!



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

NHA REGION VIRTUAL WORKSHOPS

Chronic Conditions

September 16 to October 21

Tuesdays

10:00am to 12:30pm

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October 2 to November 6

Thursdays

6:00pm to 8:30pm

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November 4 to December 16

Tuesdays

1:00pm to 3:30pm

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November 13 to December 18

Thursdays

1:30pm to 4:00pm

Chronic Pain

October 1 to November 5

Wednesdays

10:00am to 12:30pm

Diabetes

October 21 to November 25

Tuesdays

6:00pm to 8:30pm

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November 5 to December 10

Wednesdays

6:00pm to 8:30pm

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca

Connect with us:



@SelfManagementBC



@SMPatUVic