

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



NHA REGION VIRTUAL WORKSHOPS

Chronic Pain

March 4 to April 8

Wednesdays

6:00pm to 8:30pm

March 24 to April 28

Tuesdays

1:00pm to 3:30pm

March 25 to April 29

Wednesdays

6:00pm to 8:30pm

Diabetes

February 17 to March 24

Tuesdays

9:30am to 12:00pm

Cancer: Thriving & Surviving

April 2 to May 7

Thursdays

1:00pm to 3:30pm

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca

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