



## 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](mailto:selfmgmt@uvic.ca) for more info!



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA

## NHA REGION VIRTUAL WORKSHOPS

### Chronic Pain

March 24 to April 28  
Tuesdays, 1:00pm to 3:30pm  
\*

March 25 to April 29  
Wednesdays, 6:00pm to 8:30pm  
\*

May 19 to June 23  
Tuesdays, 1:00pm to 3:30pm  
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May 20 to June 24  
Wednesdays, 6:00pm to 8:30pm

### Cancer: Thriving & Surviving

April 2 to May 7  
Thursdays, 1:00pm to 3:30pm

Chronic Conditions  
April 21 to May 26  
Tuesdays, 9:30am to 12:00pm  
\*

April 23 to May 28  
Thursdays, 6:00pm to 8:30pm  
\*

April 28 to June 2  
Tuesdays, 4:00pm to 6:30pm  
\*

June 10 to July 15  
Wednesdays, 1:00pm to 3:30pm

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