

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
for more information

VIRTUAL WORKSHOPS

Chronic Conditions

Thursdays, January 25 to February 29

1:00pm to 3:30pm

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Mondays, January 29 to March 4

10:00am to 12:30pm

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Wednesdays, February 7 to March 13

6:00pm to 8:30pm

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Wednesdays, February 14 to March 20

1:30pm to 4:00pm

Chronic Pain

Fridays, January 19 to February 23

1:00pm to 3:30pm

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Mondays, January 22 to March 4

1:00pm to 3:30pm

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Wednesdays, February 21 to March 27

6:00pm to 8:30pm

Diabetes

Tuesdays, January 23 to February 27

9:30am to 12:00pm

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Fridays, February 16 to March 22

9:30am to 12:00pm

Cancer

Tuesdays, February 6 to March 12

10:00am to 12:30pm

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



University
of Victoria

Institute on Aging
& Lifelong Health



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COLUMBIA