

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

Tuesdays, September 26 to October 31
10:00am to 12:30pm

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Wednesdays, October 4 to November 8
10:00am to 12:30pm

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Tuesdays, October 17 to November 21
6:00pm to 8:30pm

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Tuesdays, October 17 to November 21
4:00pm to 6:30pm

Chronic Pain

Tuesdays, September 26 to October 31
6:00pm to 8:30pm

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Mondays, October 16 to November 20
4:00pm to 6:30pm

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Mondays, October 16 to November 27
1:00pm to 3:30pm

Diabetes

Wednesdays, September 27 to November 1
10:00am to 12:30pm

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Thursdays, October 12 to November 16
1:30pm to 4:00pm

Cancer

Mondays, October 16 to November 20
1:00pm to 3:30pm

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Tuesdays, November 14 to December 19
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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