

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



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA

VIRTUAL WORKSHOPS

Chronic Pain

Mondays, Sept 19-Oct 24, 10am-12:30pm

Mondays, Sept 26-Nov 7, 1pm-3:30pm

Mondays, Nov 7-Dec 12, 1pm-3:30pm

Chronic Conditions

Thursdays, Oct 13-Nov 17, 6pm-8:30pm

Saturdays, Nov 5-Dec 10, 9:30am-12pm

Diabetes

Thursdays, Sept 22-Oct 27, 9:30am-12pm

Saturdays, Sept 24-Oct 29, 9:30am-12pm

TELEPHONE WORKSHOPS

Chronic Pain

Wednesdays, Sept 21-Oct 26, 1pm-2pm

Mondays, Sept 26-Nov 7, 10am-11am

Tuesdays, Sept 27-Nov 1, 1:30pm-2:30pm

Wednesdays, Oct 26-Nov 30, 7pm-8pm

Chronic Conditions

Wednesdays, Sept 21-Oct 26, 6:30-7:15pm

Thursdays, Sept 22-Oct 27, 9:30-10:30am

Diabetes

Wednesdays, Sept 28-Nov 2, 7pm-8pm

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