

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 visit our website for more info:

<https://www.selfmanagementbc.ca/healthcoachprogram>

SELF-MANAGEMENT WORKSHOPS

Virtual ZOOM®

Chronic Pain:

Fridays, Oct 8—Nov 12, 10am-12:30pm
Mondays, Oct 18—Nov 22, 1:00-3:30pm
Saturdays, Oct 30—Dec 4, 10am-12:30pm
Mondays, Nov 1—Dec 6, 10:00am-12:30pm

Chronic Conditions:

Thursdays, Sept 30—Nov 4, 1:30-4pm
Tuesdays, Oct 19—Nov 23, 10am-12:30pm
Thursdays, Oct 28—Dec 9, 9:30am-12pm
Tuesdays, Nov 2—Dec 7, 9:30am-12:00pm

Diabetes:

Mondays, Oct 18—Nov 22, 1pm-3:30pm
Mondays, Nov 1—Dec 6, 10am-12:30pm
Wednesdays, Nov 3—Dec 8, 1pm-3:30pm

Cancer: Thriving & Surviving:

Tuesdays, Oct 26—Nov 30, 12:30-3pm
Wednesdays, Nov 3—Dec 8, 1:00-3:30pm

Tool Kit + Calls

Chronic Pain:

Thursdays, Oct 14—Nov 18, 1:30-2:30pm
Wednesdays, Oct 20—Nov 24, 1pm-2pm
Wednesdays, Nov 3—Dec 8, 1:30-2:15pm

Chronic Conditions:

Tuesdays, Oct 26—Nov 30, 3:30-4:30pm
Thursdays, Nov 4—Dec 16, 9:30-10:15am
Saturdays, Nov 6—Dec 11, 1:30-2:15pm

Diabetes:

Thursdays, Nov 4—Dec 16, 1:00-1:45pm
Mondays, Nov 8—Dec 13, 11am-12pm

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA

Connect with us:



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