

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, July 18—August 22

6:00pm to 8:30pm

*

Tuesdays, August 1—September 5

9:30am to 12:00pm

*

Thursdays, August 3—September 7

6:00pm to 8:30pm

Chronic Pain

Wednesdays, July 5—August 9

1:00pm to 3:30pm

*

Fridays, September 15—October 20

1:00pm to 3:30pm

*

Thursdays, September 21—October 26

6:00pm to 8:30pm

Diabetes

Wednesdays, September 6—October 11

9:30am to 12:00pm

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



BRITISH
COLUMBIA