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





IN-PERSON WORKSHOPS

Chronic Conditions

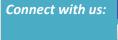
Roundhouse Community Arts & Recreation Centre 181 Roundhouse Mews Vancouver BC May 9 to June 13 Thursdays 6:00pm to 8:30pm

*please check our website regularly for newly added workshop dates

www.selfmanagementbc.ca

To register or for further information: <u>www.selfmanagementbc.ca</u> 604-940-1273 (Lower Mainland) 1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca



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