

# 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](mailto:smhcoach@uvic.ca)  
for more information



University  
of Victoria

Institute on Aging  
& Lifelong Health



BRITISH  
COLUMBIA

## IN-PERSON WORKSHOPS

### **Chronic Conditions**

Renfrew Park Community Centre

2929 East 22nd Avenue, Vancouver BC

Mondays, September 18—October 30

1:00pm to 3:30pm

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Roundhouse Community Arts & Rec Centre

181 Roundhouse Mews, Vancouver BC

Thursdays, September 21—October 26

6:00pm to 8:30pm

### **Diabetes**

Kerrisdale Community Centre

5851 West Boulevard, Vancouver BC

Mondays, September 11—October 23

10:00am-12:30pm

## VIRTUAL WORKSHOPS

### **Chronic Conditions**

Tuesdays, September 12—October 17

10:00am to 12:30pm

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Tuesdays, September 26—October 31

6:00pm to 8:30pm

### **Chronic Pain**

Fridays, September 15—October 20

1:00pm to 3:30pm

### **Diabetes**

Wednesdays, September 6—October 11

9:30am to 12:00pm

To register or for further information:

[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

[selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)

Connect with us:



@SelfManagementBC

@SMPatUVic