



## 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**

**1-TO-1 TELEPHONE COACHING AVAILABLE:  
SELF-MANAGEMENT HEALTH COACH PROGRAM  
OR  
FRAILTY COACHING PROGRAM**

Call 1-866-902-3767 or Email [selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca) for more info!

## VANCOUVER COASTAL WORKSHOPS

### **Chronic Conditions**

*April 24 to May 29*

**Thursdays, 9:30am to 12:00pm**

**Killarney Seniors Centre**

**6260 Killarney Street**

**Vancouver, BC**

### **Chronic Pain**

*April 28 to June 9*

**Mondays, 9:30am to 12:00pm**

**Kerrisdale Community Ctr**

**5851 West Boulevard**

**Vancouver, BC**

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*April 28 to June 9*

**Mondays, 12:30pm to 3:00pm**

**Thompson Community Centre**

**5151 Granville Avenue**

**Richmond, BC**

*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)



University  
of Victoria

Institute on Aging  
& Lifelong Health



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COLUMBIA

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