

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

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 for more info!



University
of Victoria

Institute on Aging
& Lifelong Health



VCH IN-PERSON WORKSHOPS

Diabetes

April 22 to June 3

Wednesdays, 10:00am to 12:30pm

Minoru Centre for Active Living

7191 Granville Ave, Richmond BC

April 23 to May 28

Thursdays, 1:30pm to 4:00pm

Roundhouse Community Arts & Recreation Centre

181 Roundhouse Mews

Vancouver, BC

Chronic Pain

April 27 to June 8

Mondays, 12:30pm to 3:00pm

Thompson Community Centre

5151 Granville Ave, Richmond BC

(workshop is for age 55+)

Chronic Conditions

May 25 to June 29

Mondays, 10:00am to 12:30pm

Kerrisdale Community Centre

5851 W. Boulevard, Vancouver BC

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**