

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



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

IN-PERSON WORKSHOPS

Chronic Pain

Minoru Centre for Active Living
7191 Granville Avenue, Richmond BC
January 24 to March 6
Wednesdays, 10:00am to 12:30pm
*

Kerrisdale Community Centre
5851 West Boulevard, Vancouver BC
February 5—March 18
Mondays, 10:00am to 12:30pm
*

Roundhouse Community Arts & Rec Centre
181 Roundhouse Mews, Vancouver BC
February 17 to March 23
Saturdays, 10:00am to 12:30pm

Chronic Conditions

West Richmond Community Centre
9180 No. 1 Road, Richmond BC
January 17 to February 28
Wednesdays, 9:30am to 12:00pm
*

Roundhouse Community Arts & Rec Centre
181 Roundhouse Mews, Vancouver BC
January 18 to February 22
Thursdays, 6:00pm to 8:30pm

Diabetes

Cambie Community Centre
12800 Cambie Road, Richmond BC
January 25 to February 29
Thursdays, 10:00am to 12:30pm

Cancer

Japanese Canadian Cultural Centre @
Steveston Community Centre
4255 Moncton St, Richmond BC
February 5 to March 18
Mondays, 12:30pm to 3:00pm

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