



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!

VANCOUVER COASTAL WORKSHOPS

We do not currently have any In-Person Workshops scheduled in the VCH region, but do have Virtual Workshops available:

Chronic Conditions

January 28 to March 4

Tuesdays

1:00pm to 3:30pm

Diabetes

January 29 to March 5

Wednesdays

9:30am to 12pm

Chronic Pain

February 6 to March 13

Thursdays

1:30pm to 4pm

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA

Connect with us:



@SelfManagementBC

@SMPatUVic