

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



BRITISH
COLUMBIA

VCH REGION IN-PERSON WORKSHOPS

Chronic Conditions

September 4 to October 9
Wednesdays, 10:00am to 12:30pm
South Arm Community Centre
8880 Williams Road, Richmond BC

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September 11 to October 16
Wednesdays, 9:30am to 12:00pm
411 Seniors Centre Society
3502 Fraser St, Vancouver BC

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October 21 to December 2
Mondays, 10:00am to 12:30pm
Kerrisdale Community Centre
5851 W. Boulevard, Vancouver BC

Chronic Pain

September 12 to October 17
Thursdays, 9:30am to 12:00pm
West Richmond Community Centre
9180 No. 1 Road, Richmond BC

Diabetes

September 17 to October 29
Tuesdays, 1:00pm to 3:30pm
Marpole-Oakridge Community Ctr
990 W. 59th Ave, Vancouver BC

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September 25 to November 6
Wednesdays, 10:00am to 12:30pm
Minoru Centre for Active Living
7191 Granville Ave, Richmond 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