

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

VANCOUVER COASTAL HEALTH REGION WORKSHOPS

Chronic Pain

July 20 to August 24

Saturdays, 10:00am to 12:30pm
Roundhouse Community Arts & Rec Ctr
181 Roundhouse Mews, Vancouver BC

*

September 12 to October 17

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

Diabetes

July 25 to August 29

Thursdays, 9:30am to 12:00pm
Kerrisdale Community Centre
5851 W. Boulevard, Vancouver BC

Chronic Conditions

September 4 to October 9

Wednesdays, 10:00am to 12:30pm
South Arm Community Centre
8880 Williams Road, 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