

# 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](mailto:selfmgmt@uvic.ca) for more info!

## VCH REGION IN-PERSON WORKSHOPS

### **Chronic Conditions**

*October 21 to December 2*

*Mondays, 10:00am to 12:30pm*

*Kerrisdale Community Centre*

*5851 West Blvd, Vancouver BC*

### **Chronic Pain**

*September 26 to October 31*

*Thursdays, 9:30am to 12:00pm*

*West Richmond Community Ctr*

*9180 No. 1 Road, Richmond BC*

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*November 5 to December 10*

*Tuesdays, 1:00pm to 3:30pm*

*Marpole-Oakridge Community Ctr*

*990 W. 59th Ave, Vancouver BC*

*To register or for further information:*

[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

[selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)



University  
of Victoria

Institute on Aging  
& Lifelong Health



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COLUMBIA

Connect with us:



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