

# 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](mailto:smhcoach@uvic.ca)  
for more information



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA

## IN-PERSON WORKSHOPS

### **Chronic Pain**

Richmond City Centre Community Centre  
#105—5900 Minoru Blvd, Richmond BC  
Thursdays, Sept 29-Nov 3, 1pm-3:30pm

### **Chronic Conditions**

Minoru Centre for Active Living  
Wellness Studio  
7191 Granville Avenue, Richmond BC  
Wednesdays, Sept 7-Oct 26, 10am-12:30pm

### **Diabetes**

Kerrisdale Community Centre  
5851 West Blvd, Vancouver BC  
Mondays, Sept 12-Oct 24, 10am-12:30pm  
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## VIRTUAL WORKSHOPS

### **Chronic Pain**

Mondays, Sept 19-Oct 24, 10am-12:30pm  
Mondays, Sept 26-Nov 7, 1pm-3:30pm

### **Chronic Conditions**

Thursdays, Oct 13-Nov 17, 6pm-8:30pm

### **Diabetes**

Thursdays, Sept 22-Oct 27, 9:30am-12pm  
Saturdays, Sept 24-Oct 29, 9:30am-12pm  
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## TELEPHONE WORKSHOPS

### **Chronic Pain**

Wednesdays, Sept 21-Oct 26, 1pm-2pm

### **Chronic Conditions**

Thursdays, Sept 22-Oct 27, 9:30-10:30am

### **Diabetes**

Wednesdays, Sept 28-Nov 2, 7pm-8pm

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)

Connect with us:



@SelfManagementBC

@SMPatUVic