

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
for more information

IN-PERSON WORKSHOPS

Chronic Pain

Richmond City Centre

Community Centre

#105—5900 Minoru Blvd

Richmond BC

Thursdays, Oct 13– Nov 17

1:00pm-3:30pm

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Killarney Seniors Centre

6260 Killarney Street

Vancouver BC

Tuesdays, Nov 8– Dec 13

10am-12:30pm

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Diabetes

Minoru Centre for Active Living

Wellness Studio

7191 Granville Ave

Richmond BC

Wednesdays, Nov 2– Dec 14

10am-12:30pm

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



University
of Victoria

Institute on Aging
& Lifelong Health



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COLUMBIA