

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 Conditions

Hillside Seniors Centre– Yakimovich Wellness
Boardroom off main lobby
1454 Hillside Avenue, Victoria BC
Wednesdays, September 13—October 25
10:00am to 12:30pm

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James Bay Community Project
547 Michigan Street, Victoria BC
Tuesdays, September 19 - October 24
11:00am to 1:30pm

Chronic Pain

North Nanaimo Library– Large Lobby Mtg Rm
6250 Hammond Road, Nanaimo BC
Fridays, September 15—October 20
12:15pm to 2:45pm

VIRTUAL WORKSHOPS

Chronic Conditions

Tuesdays, September 12—October 17
10:00am to 12:30pm

Chronic Pain

Fridays, September 15—October 20
1:00pm to 3:30pm

Diabetes

Wednesdays, September 6—October 11
9:30am to 12:00pm

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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