

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



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

IN-PERSON WORKSHOPS

Chronic Pain

James Bay Community Project

547 Michigan Street, Victoria BC

February 6—March 12

Tuesdays

11:00am to 1:30pm

Hillside Seniors Centre

@ Yakimovich Wellness

1454 Hillside Avenue, Victoria BC

February 8 to March 14

Thursdays

1:00pm to 3:30pm

SHOAL Activity Centre

10030 Resthaven Drive, Sidney BC

March 2 to April 13

Saturdays

10:30am to 1:00pm

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