

# 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

Hillside Seniors Centre– Yakimovich Wellness  
1454 Hillside Avenue, Victoria BC  
February 8 to March 14  
Thursdays, 1:00pm to 3:30pm

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SHOAL Activity Centre  
10030 Resthaven Drive, Sidney BC  
March 2 to April 13  
Saturdays, 10:30am to 1:00pm

### Chronic Conditions

North Nanaimo Library  
6250 Hammond Road, Nanaimo BC  
April 5 to May 10  
Fridays, 12:15pm to 2:45pm

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Hillside Seniors Centre– Yakimovich Wellness  
1454 Hillside Avenue, Victoria BC  
April 26 to May 31  
Fridays, 10:00am to 12:30pm

## VIRTUAL WORKSHOPS

### Diabetes

January 23 to February 27  
Tuesdays, 9:30am to 12:00pm

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February 16 to March 22  
Fridays, 9:30pm to 12:00pm

### Cancer

November 14 to December 19  
Tuesdays, 10:00am to 12:30pm

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February 6 to March 12  
Tuesdays, 10:00am to 12:30pm

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