

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

**1-TO-1 TELEPHONE COACHING AVAILABLE:
SELF-MANAGEMENT HEALTH COACH PROGRAM
OR
FRAILTY COACHING PROGRAM**

Call 1-866-902-3767 or Email selfmgmt@uvic.ca for more info!



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

ISLAND REGION VIRTUAL WORKSHOPS

Chronic Pain

March 24 to April 28

Tuesdays, 1:00pm to 3:30pm

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March 25 to April 29

Wednesdays, 6:00pm to 8:30pm

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May 19 to June 23

Tuesdays, 1:00pm to 3:30pm

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May 20 to June 24

Wednesdays, 6:00pm to 8:30pm

Cancer: Thriving & Surviving

April 2 to May 7

Thursdays, 1:00pm to 3:30pm

Chronic Conditions

April 21 to May 26

Tuesdays, 9:30am to 12:00pm

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April 23 to May 28

Thursdays, 6:00pm to 8:30pm

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April 28 to June 2

Tuesdays, 4:00pm to 6:30pm

***Please check our website regularly
for newly added IN-PERSON
workshops in your community!**

For further info about our programs:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca

Connect with us:



@SelfManagementBC



@SMPatUVic