

# 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](mailto:selfmgmt@uvic.ca) for more info!*



University  
of Victoria

Institute on Aging  
& Lifelong Health



## ISLAND REGION IN-PERSON WORKSHOPS

### Chronic Conditions

*(for ages 55+)*

**February 17 to March 24**

**Tuesdays, 9:30am to 12:00pm**

**Saanich Silver Threads**

**286 Hampton Road**

**Victoria BC**

**\*registrations for the above workshop are being handled by the venue:**

### Registration Options:

1. Call the Centre: 250-382-3151
2. Drop by the Centre in-person
3. Online link: <https://silverthreads.recdesk.com/Community/Home>

### Chronic Pain

**February 23 to March 30**

**Mondays, 9:30am to 12:00pm**

**Hillside Seniors Health Centre-**

**Yakimovich Wellness Centre**

**1454 Hillside Avenue**

**Victoria BC**

**For further info about our programs:**

[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)

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