



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!

VIRTUAL WORKSHOPS

Chronic Conditions

November 6 to December 11

Wednesdays

9:30am to 12:00pm

Diabetes

October 10 to November 14

Thursdays

9:30am to 12:00pm

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October 29 to December 3

Tuesdays

1:00pm to 3:30pm

Cancer: Thriving & Surviving

November 7 to December 12

Thursdays

1:00pm to 3:30pm

***Check our website regularly for newly-added workshops in your area!**

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA

Connect with us:  @SelfManagementBC
 @SMPatUVic