

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

IN-PERSON WORKSHOPS

Chronic Pain

Hillside Seniors Centre– Yakimovich Wellness
1454 Hillside Avenue, Victoria BC
Wednesdays, Feb 22-Mar 29, 10am-12:30pm

VIRTUAL WORKSHOPS

Chronic Conditions

Thursdays, Jan 12-Feb 16, 10am-12:30pm
Thursdays, Jan 26-Mar 2, 6pm-8:30pm
Saturdays, Feb 4-Mar 11, 10am-12:30pm
Tuesdays, Feb 7-Mar 14, 6pm-8:30pm

Chronic Pain

Wednesdays, Feb 15-Mar 22, 6pm-8:30pm

Diabetes

Tuesdays, Feb 7-Mar 14, 5pm-7:30pm

Cancer: Thriving & Surviving

Wednesdays, Feb 15-Mar 22, 10am-12:30pm
Tuesdays, Feb 21-Mar 28, 9:30am-12pm

TELEPHONE WORKSHOPS

Chronic Conditions

Mondays, Jan 16-Feb 20, 1pm-2pm
Wednesdays, Jan 25-Mar 1, 9:30-10:30am
Thursdays, Jan 26-Mar 2, 6:30pm-7:30pm

Chronic Pain

Mondays, Jan 16-Feb 20, 10am-11am
Wednesdays, Jan 25-Mar 1, 7pm-8pm
Wednesdays, Jan 25-Mar 1, 1pm-2pm

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



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA