

# 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**

SHOAL Activity Centre  
10030 Resthaven Drive  
Sidney BC

Tuesdays, Oct 11– Nov 15  
1:00pm-3:30pm

### **Chronic Conditions**

Hillside Seniors Health Centre  
Yakimovich Wellness Centre  
1454 Hillside Avenue  
Victoria BC

Wednesdays, Oct 5– Nov 9  
10:00am-12:30pm  
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## VIRTUAL WORKSHOPS

### **Chronic Pain**

Mondays, Nov 7– Dec 12, 1:00pm-3:30pm  
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### **Chronic Conditions**

Thursdays, Oct 13– Nov 17, 6pm-8:30pm  
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## TELEPHONE WORKSHOPS

### **Chronic Pain**

Tuesdays, Oct 25– Nov 29  
1:00pm-2:00pm  
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Wednesdays, Oct 26– Nov 30  
7:00pm-8:00pm

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