

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

Nelson Public Library,

Programming Room

602 Stanley St, Nelson BC

Wednesdays, June 14-July 19, 1pm-3:30pm

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Okanagan Regional Library—Vernon

Large Meeting Room

2800 30th Avenue, Vernon BC

Thursdays, Sept 14-Oct 19, 6pm-8:30pm

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Cranbrook Alliance Church

North Star Room

1200 Kootenay Street N, Cranbrook BC

Saturdays, Sept 16-Oct 28, 10am-12:30pm

VIRTUAL ZOOM® WORKSHOPS

Chronic Conditions

Thursdays, June 8—July 13

9:30am to 12:00pm

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Tuesdays, July 18—August 22

6:00pm to 8:30pm

Chronic Pain

Wednesdays, July 5—August 9

1:00pm to 3:30pm

Diabetes

Wednesdays, July 5—August 9

9:30am to 12:00pm

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



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