

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

VIRTUAL WORKSHOPS

Chronic Conditions

Saturdays, May 20– June 24

9:30am to 12:00pm

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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

Tuesdays, June 13– July 18

4:00pm to 6:30pm

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Wednesdays, July 5– August 9

1:00pm to 3:30pm

Diabetes

Tuesdays, May 16– June 20

6:00pm to 8:30pm

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Wednesdays, July 5– August 9

9:30am to 12:00pm

Cancer: Thriving & Surviving

Thursdays, May 18– June 22

10:00am to 12:30pm

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Wednesdays, May 31– July 5

6:00pm to 8:30pm

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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