

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



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

VIRTUAL WORKSHOPS

Chronic Conditions

February 7 to March 13

Wednesdays

6:00pm to 8:30pm

Chronic Pain

February 20 to March 26

Tuesdays

1:00pm to 3:30pm

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February 21 to March 27

Wednesdays

6:00pm to 8:30pm

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February 28 to April 3

Wednesdays

6:00pm to 8:30pm

Diabetes

February 16 to March 22

Fridays,

9:30am to 12:00pm

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February 26 to April 8

Mondays

1:00pm to 3:30pm

Cancer

April 30 to June 4

Tuesdays,

10:00am to 12:30pm

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