

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

IN-PERSON WORKSHOPS

Chronic Conditions

Saturdays, June 3—July 15

1:00pm to 3:30pm

Island Deaf and Hard of Hearing Centre

Boardroom off main lobby

301—3960 Quadra Street, Victoria BC

Diabetes

Fridays, Sept 15—October 20

12:30pm to 3:00pm

North Nanaimo Library

Large Meeting Room

6250 Hammond Road, Nanaimo BC

VIRTUAL WORKSHOPS

Chronic Conditions

Saturdays, May 20—June 24, 9:30am to 12pm

Thursdays, June 8—July 13, 9:30am to 12pm

Tuesdays, July 18—Aug 22, 6pm to 8:30pm

Chronic Pain

Tuesdays, June 13—July 18, 4pm to 6:30pm

Wednesdays, July 5—Aug 9, 1pm to 3:30pm

Diabetes

Tuesdays, May 16—June 20, 6pm to 8:30pm

Wednesdays, July 5—Aug 9, 9:30am to 12pm

Cancer: Thriving & Surviving

Thursdays, May 18—June 22, 10am to 12:30pm

Wednesdays, May 31—July 5, 6pm 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