

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

**1-TO-1 TELEPHONE COACHING AVAILABLE:
SELF-MANAGEMENT HEALTH COACH PROGRAM
OR
FRAILTY COACHING PROGRAM**

Call 1-866-902-3767 or Email selfmgmt@uvic.ca for more info!



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

ISLAND REGION IN-PERSON WORKSHOPS

Chronic Pain

May 7 to June 11

Wednesdays, 1:30pm to 4:00pm
Hillside Seniors Health Centre
Yakimovich Wellness
1454 Hillside Ave, Victoria BC

VIRTUAL WORKSHOPS

Chronic Conditions

April 2 to May 7

Wednesdays, 6:00pm to 8:30pm
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April 17 to May 22

Thursdays, 4:00pm to 6:30pm
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May 22 to June 26

Thursdays, 1:00pm to 3:30pm
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June 17 to July 29

Tuesdays, 1:00pm to 3:30pm
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June 18 to July 23

Wednesdays, 6:00pm to 8:30pm

Chronic Pain

May 20 to June 24

Tuesdays, 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