

# Self-Management

British Columbia



## PUT LIFE BACK IN YOUR LIFE

### Free Six-Session Workshops for Adults

- 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**

### **NEW SELF-MANAGEMENT HEALTH COACH PROGRAM**

**FREE one-on-one phone support will help you get the most out of life!**



University of Victoria

Institute on Aging & Lifelong Health



### FREE SIX-SESSION SELF-MANAGEMENT WORKSHOPS

South Vancouver Island

#### *Chronic Pain*

Esquimalt Westshore Health Unit  
102 – 940 Goldstream Ave., Victoria

Tuesdays, Sept. 12 to Oct. 17, 2017  
10:00 am to 12:30 pm

Greater Victoria Public Library – Oak Bay  
1442 Monterey Ave., Victoria

Wednesdays, Sept. 20 to Oct. 25, 2017  
1:00 pm to 3:30 pm

#### Kaatza Health Unit

58 Cowichan Ave. W., Lake Cowichan  
Wednesdays, Sept. 20 to Oct. 25, 2017  
10:00 am to 12:30 pm

#### *Cancer: Thriving & Surviving*

Hillside Seniors Health Centre –  
Yakimovich Wellness Centre  
1454 Hillside Ave., Victoria

Wednesdays, Sept. 20 to Oct. 25, 2017  
10:00 am to 12:30 pm

#### *Diabetes*

Cowichan Tribes Sustainable  
Housing Development  
5742 Allenby Rd., Duncan

Tuesdays, Sept. 12 to Oct. 17, 2017  
1:30 pm to 4:00 pm

#### *Chronic Conditions*

SEAPARC Leisure Complex  
2168 Phillips Rd., Sooke

Thursdays, Oct. 12 to Nov. 16, 2017

To register or for further information  
[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

[selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)