



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



BRITISH COLUMBIA

UPCOMING SELF-MANAGEMENT PROGRAMS NORTHERN BC

Fort St. John

Fort St. John Hospital

8407 – 112th Avenue

Diabetes Workshop

Nov. 7 to Dec. 12 – 6:00 pm to 8:30 pm

Smithers

Smithers Healthy Living Centre

1070 Main Street

Chronic Pain Workshop

Oct. 28 to Dec. 9 - 1:00 pm to 3:30 pm

Diabetes Workshop

Nov. 9 to Dec. 14 - 2:00 pm to 4:30 pm

Can't attend our in-person workshops?

Why not join one of our self-paced

ONLINE Chronic Conditions Programs!

Register at

www.selfmanage.org/onlinebc

To register or for further information

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca