

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



BRITISH
COLUMBIA

FREE 6-SESSION SELF-MANAGEMENT WORKSHOPS KOOTENAY REGION

Chronic Pain

Selkirk College – Silver King Campus
2001 Silver King Rd., Nelson
Fridays, Jan. 19 to Feb. 23, 2018
9:30 am to 12:00 pm

Diabetes

Selkirk College – Silver King Campus
2001 Silver King Rd., Nelson
Fridays, Mar. 9 to Apr. 20, 2018
9:30 am to 12:00 pm

***Can't attend our in-person
workshops? 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