

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 SELF-MANAGEMENT WORKSHOPS

S. Van. Island & Gulf Islands

Chronic Pain

Greater Victoria Public Library –
Juan de Fuca Branch

1759 Island Hwy., Victoria

Wednesdays, Apr. 4 to May 9, 2018

1:00 pm to 3:30 pm

Church of St. Mary Magdelene

360 Georgina Point Rd., Mayne Island

Wednesdays, Apr. 4 to May 9, 2018

1:30 pm to 4:00 pm

Esquimalt Westshore Health Unit

102 – 940 Goldstream Ave., Victoria

Mondays, Apr. 9 to May 14, 2018

1:00 pm to 3:30 pm

Hillside Seniors Health Centre – Yakimovich
Wellness Centre

1454 Hillside Avenue, Victoria

Thursdays, Apr. 26 to May 31, 2018

1:00 pm to 3:30 pm

SHOAL Activity Centre

10030 Resthaven Dr., Sidney

Tuesdays, May 1 to June 5, 2018

6:00 pm to 8:30 pm

Cook Street Village Activity Centre

1 – 380 Cook Street, Victoria

Tuesdays, May 1 to June 5, 2018

10:00 am to 12:30 pm

Chronic Conditions

Gabriola Fire Department

760 North Rd., Gabriola Island

Mondays, Feb. 19 to Mar. 26, 2018

1:00 pm to 3:30 pm

To register or for further information

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

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