Self-Management British Columbia



PUT LIFE BACK IN YOUR LIFE

Free Six-Session Workshops for Adults

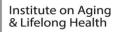
- Learn techniques to better manage your health
 - Set goals and problem solve
- Communicate more effectively with your family, friends and health care team
 - Deal with stress and difficult emotions
 - Take action and live a healthier life

Family Members and Friends Welcome
REGISTRATION REQUIRED

NEWSELF-MANAGEMENT HEALTH COACH PROGRAM

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







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) selfmgmt@uvic.ca