

Self-Management

British Columbia



KNOWLEDGE + SKILLS + CONFIDENCE

put life back in your life

FREE Six-Session Workshops for Adults with Any Ongoing Physical or Mental Health Conditions

- ✓ 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

Interested in Becoming a Volunteer Program Leader?

Diabetes Leader Training

Hillside Seniors Health Centre, Yakimovich Wellness Centre

1454 Hillside Ave, Victoria

October 20, 21, 22, 23, 2018 - 10:00 am to 4:00 pm

Apply online at: www.selfmanagementbc.ca/applicationform

SELF-MANAGEMENT WORKSHOPS

SOUTH VANCOUVER ISLAND

Chronic Conditions

SEAPARC Leisure Complex

2168 Phillips Rd, Sooke

Mondays, Oct. 15 to Nov. 26, 2018

1:00 pm to 3:30 pm

Pender Island Health Centre

5715 Canal Rd, Pender Island

Wednesdays, Oct. 31 to Dec. 5, 2018

1:00 pm to 3:30 pm

Diabetes

Cook Street Village Activity Centre

1-380 Cook St, Victoria

Saturdays, Oct. 13 to Nov. 17, 2018

10:00 am to 12:30 pm

Greater Victoria Public Library -
Central Branch

735 Broughton St, Victoria

Sundays, Oct. 14 to Nov. 25, 2018

1:30 pm to 4:00 pm

Chronic Pain

Hillside Seniors Health Centre -

Yakimovich Wellness Centre

1454 Hillside Ave, Victoria

Fridays, Oct. 5 to Nov. 9, 2018

10:00 am to 12:30 pm

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA