

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

Interested in Becoming a Volunteer Program Leader?

Diabetes Leader Training

Hillside Seniors Health Centre - Yakimovich Wellness Centre

1454 Hillside Avenue, Victoria

February 21, 22, 28, March 1, 2019, 10:00 am to 4:00 pm

Apply online at:

www.selfmanagementbc.ca/applicationform

SELF-MANAGEMENT WORKSHOPS

VANCOUVER ISLAND/ GULF ISLANDS

Chronic Pain

New Horizons - James Bay
234 Menzies Street, Victoria
Wednesdays, Jan. 9 - Feb. 13, 2019
1:00 pm to 3:30 pm

**Greater Victoria Public Library -
Juan de Fuca Branch**
1759 Island Highway, Victoria
Saturdays, Jan. 19 - Feb. 23, 2019
10:15 am to 12:45 pm

**Salt Spring Island Community
Services Seniors' Wellness Program**
129 Hereford Ave, Salt Spring Island
Wednesdays, Jan. 23 - Feb. 27, 2019
2:00 pm to 4:30 pm

SEAPARC Leisure Complex
2168 Phillips Road, Sooke
Mondays, Jan. 28 - Mar. 11, 2019
1:00 pm to 3:30 pm

Diabetes

**Metchosin Seniors Information &
Resource Centre**
4495 Happy Valley Road, Victoria
Saturdays, Jan. 26 - Mar. 2, 2019
9:30 am to 12:00 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