Self-Management British Columbia

KNOWLEDGE + SKILLS + CONFIDENCE

put life back in your life

FREE Six-Session Workshops for Adults with Any Ongoing 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

1-TO-1 TELEPHONE COACHING AVAILABLE:

SELF-MANAGEMENT HEALTH COACH PROGRAM

OR

FRAILTY COACHING PROGRAM

Call 1-866-902-3767 or Email selfmgmt@uvic.ca for more info!

University of Victoria | Institute on Aging & Lifelong Health

BRITISH COLUMBIA

FRASER HEALTH NORTH IN-PERSON WORKSHOPS

Chronic Pain

July 11 to August 15
Saturdays
9:30am to 12:00pm
Glen Pine Pavilion
1200 Glen Pine Court
Coquitlam BC

VIRTUAL WORKSHOPS

Cancer: Thriving & Surviving

June 4 to July 9
Thursdays
1:00pm to 3:30pm

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)
1-866-902-3767 (Toll Free)
selfmgmt@uvic.ca

Connect with us: **@SelfManagementBC**
@SMPatUVic