

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!

FRASER HEALTH NORTH IN-PERSON WORKSHOPS

*Check our website
regularly for newly added
in-person workshops in
your area!*

www.selfmanagementbc.ca

VIRTUAL WORKSHOPS

Chronic Conditions

June 18 to July 23

Wednesdays

10:00am—12:30pm

Chronic Pain

June 17 to July 29

Tuesdays

1:00pm—3:30pm

June 18 to July 23

Wednesdays

6:00pm—8:30pm

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

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@SMPatUVic