

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

ALSO AVAILABLE:

SELF-MANAGEMENT HEALTH COACH PROGRAM

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

Call 1-866-902-3767 or email smhcoach@uvic.ca
for more information



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

IN-PERSON WORKSHOPS

Chronic Pain

South Surrey Recreation Centre
14601—20 Avenue, Surrey

Tuesdays, Sept 20-Oct 25, 10am-12:30pm

Chronic Conditions

McKee Seniors Recreation Centre
5155—47th Avenue, Ladner

Fridays, Sept 23-Oct 28, 9am-11:30am

Diabetes

Fleetwood Community Centre
15996—84 Avenue, Surrey

Fridays, Sept 30-Nov 4, 9:30am-12pm

VIRTUAL WORKSHOPS

Chronic Pain

Mondays, Sept 19-Oct 24, 10am-12:30pm

Chronic Conditions

Thursdays, Oct 13-Nov 17, 6pm-8:30pm

Diabetes

Thursdays, Sept 22-Oct 27, 9:30am-12pm

Saturdays, Sept 24-Oct 29, 9:30am-12pm

TELEPHONE WORKSHOPS

Chronic Pain

Wednesdays, Sept 21-Oct 26, 1pm-2pm

Chronic Conditions

Thursdays, Sept 22-Oct 27, 9:30-10:30am

Diabetes

Wednesdays, Sept 28-Nov 2, 7pm-8pm

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