

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 visit our website for more info:

<https://www.selfmanagementbc.ca/healthcoachprogram>

SELF-MANAGEMENT WORKSHOPS

Virtual ZOOM®

(Webcam Required)

Chronic Pain:

Wednesdays, May 25– Jun 29, 1pm-3:30pm

Fridays, May 27– July 8, 9:30am-12pm

Mondays, Jun 6 –July 11, 10am-12:30pm

Chronic Conditions:

Wednesdays, May 25-Jun 29, 4pm-6:30pm

Thursdays, Jun 9-July 14, 10am-12:30pm

Mondays, Jun 13-July 18, 9:30am-12pm

Diabetes:

Thursdays, May 26– Jun 30, 9:30am-12pm

Mondays, May 30– July 4, 6pm-8:30pm

Fridays, Jun 10– July 22, 9:30am-12pm

Cancer: Thriving & Surviving:

Thursdays, May 26– Jun 30, 6pm-8:30pm

Tool Kit + Calls

Chronic Pain:

Fridays, Jun 10– July 22, 10am-11am

Wednesdays, Jun 15– July 20, 6:30-7:30pm

Saturdays, Jun 18– July 30, 1:30-2:15pm

Chronic Conditions:

Wednesdays, Jun 1– July 6, 9:30-10:30am

Tuesdays, Jun 14– July 19, 3:30-4:30pm

Wednesdays, Jun 15– July 20, 1:30-2:15pm

Diabetes:

Thursdays, Jun 16– July 21, 1:30-2:15pm

Tuesdays, Jun 28– Aug 2, 4pm-5pm

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

Connect with us:



@SelfManagementBC



@SMPatUVic