

# 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](mailto:selfmgmt@uvic.ca) for more info!

## INTERIOR HEALTH VIRTUAL WORKSHOPS

### Chronic Conditions

**April 21 to May 26**

**Tuesdays, 9:30am to 12:00pm**

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**April 23 to May 28**

**Thursdays, 6:00pm to 8:30pm**

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**April 28 to June 2**

**Tuesdays, 4:00pm to 6:30pm**

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**June 10 to July 15**

**Wednesdays, 1:00pm to 3:30pm**

### Chronic Pain

**September 24 to October 29**

**Thursdays, 1:00pm to 3:30pm**



University  
of Victoria

Institute on Aging  
& Lifelong Health



BRITISH  
COLUMBIA

Connect with us:  @SelfManagementBC  
 @SMPatUVic