

# 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 IN-PERSON WORKSHOPS

### Chronic Conditions

*March 5 to April 9*

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

*Penticton Community Ctr, Rm 3*

*325 Power St, Penticton, BC*

## VIRTUAL WORKSHOPS

### Chronic Pain

*January 22 to February 26*

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

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*March 4 to April 8*

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

### Chronic Conditions

*January 27 to March 3*

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

### Diabetes

*February 17 to March 24*

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

To register or for further information:

[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

[selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)

Connect with us:



@SelfManagementBC



@SMPatUVic



University  
of Victoria

Institute on Aging  
& Lifelong Health



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