

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 provider
- ✓ 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
ALSO AVAILABLE:**

HEALTH COACH PROGRAM

OR

FRAILTY COACHING PROGRAM

INTERIOR HEALTH VIRTUAL WORKSHOPS

Chronic Conditions

January 19 to February 23

Tuesdays

1:00pm to 3:30pm

Diabetes

January 20 to February 24

Wednesdays

1:00pm to 3:30pm

***Check our website
regularly for newly
added workshops!***

To register, or for more info:

selfmanagementbc.ca

Lower Mainland 604-940-1273

Toll Free 1-866-902-3767

Email selfmgmt@uvic.ca



@SelfManagementBC



@SMPatUVic



Institute on Aging
and Lifelong Health



BRITISH
COLUMBIA