

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

VIRTUAL WORKSHOPS

Chronic Conditions

Tuesdays, Apr 18– May 23, 930am-12pm
Saturdays, May 20– June 24, 930am-12pm
Thursdays, June 1– July 6, 130pm-4pm

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Chronic Pain

Mondays, Apr 17– May 29, 1pm-330pm
Wednesdays, Apr 19– May 24, 930am-12pm

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Diabetes

Saturdays, March 11– Apr 15, 930am-12pm
Wednesdays, Apr 26– May 31, 130pm-4pm

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Cancer: Thriving & Surviving

Wednesdays, Apr 12– May 17, 10am-1230pm
Wednesdays, May 31– July 5, 6pm-830pm

TELEPHONE WORKSHOPS

Chronic Pain

Mondays, Apr 17– May 29, 7pm-8pm
Wednesdays, May 3– June 7, 1pm-2pm
Wednesdays, May 31– July 5, 1pm-2pm

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Diabetes

Wednesdays, Apr 12– May 17, 4pm-5pm
Thursdays, May 18– June 22, 630pm-730pm

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



University
of Victoria

Institute on Aging
& Lifelong Health



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