

# 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!



University  
of Victoria

Institute on Aging  
& Lifelong Health



BRITISH  
COLUMBIA

## NHA REGION VIRTUAL WORKSHOPS

### **Cancer: Thriving & Surviving**

September 10 to October 22  
Thursdays, 1:00pm to 3:30pm

### **Chronic Conditions**

September 22 to October 27  
Tuesdays, 4:00pm to 6:30pm

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October 6 to November 10  
Tuesdays, 1:00pm to 3:30pm

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October 13 to November 17  
Tuesdays, 2:00pm to 4:30pm

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October 22 to November 26  
Thursdays, 6:00pm to 8:30pm

### **Chronic Pain**

September 10 to October 15  
Thursdays, 6:00pm to 8:30pm

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September 24 to October 29  
Thursdays, 1:00pm to 3:30pm

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October 6 to November 10  
Tuesdays, 1:00pm to 3:30pm

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October 7 to November 11  
Wednesdays, 6:00pm to 8:30pm

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