

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 for more info!



University
of Victoria

Institute on Aging
& Lifelong Health



NHA REGION VIRTUAL WORKSHOPS

Chronic Conditions

January 27 to March 3
Tuesdays
1:00pm to 3:30pm

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

Diabetes

February 17 to March 24
Tuesdays
9:30am to 12:00pm

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)
1-866-902-3767 (Toll Free)
selfmgmt@uvic.ca

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