

# 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!

## NHA REGION VIRTUAL WORKSHOPS

### Chronic Conditions

July 22 to August 26

Tuesdays

10:00am to 12:30pm

\*

September 16 to October 21

Tuesdays

10:00am to 12:30pm

\*

October 2 to November 6

Thursdays

6:00pm to 8:30pm

\*

November 4 to December 16

Tuesdays

1:00pm to 3:30pm

### Chronic Pain

September 15 to October 27

Mondays

1:00pm to 3:30pm

\*

September 17 to October 22

Wednesdays

6:00pm to 8:30pm

\*

October 1 to November 5

Wednesdays

10:00am to 12:30pm

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)



University  
of Victoria

Institute on Aging  
& Lifelong Health



BRITISH  
COLUMBIA

Connect with us:



@SelfManagementBC

@SMPatUVic