

# 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

### Chronic Conditions

***June 18 to July 23***

***Wednesdays***

***6:00pm to 8:30pm***

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***October 2 to November 6***

***Thursdays***

***6:00pm to 8:30pm***

### Chronic Pain

***June 17 to July 29***

***Tuesdays***

***1:00pm to 3:30pm***

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***June 18 to July 23***

***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**