

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



BRITISH
COLUMBIA

VCH IN-PERSON WORKSHOPS

Chronic Pain

(age 55+)

April 27 to June 8

Mondays

12:30pm to 3:00pm

Thompson Community Centre

5151 Granville Ave

Richmond BC

Chronic Conditions

(age 19+)

May 25 to June 29

Mondays

10:00am to 12:30pm

Kerrisdale Community Centre

5851 W. Boulevard

Vancouver BC

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