

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!

VCH IN-PERSON WORKSHOPS

Chronic Conditions

October 1 to November 5

Thursdays, 1:30pm to 4:00pm

Roundhouse Community Arts & Rec Ctr

181 Roundhouse Mews, Vancouver BC

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October 19 to November 23

Mondays, 12:30pm to 3:00pm

Thompson Community Centre

5151 Granville Ave, Richmond BC

(for ages 55+)

Registration is via Richmond Parks & Rec (workshop # 00537556)

Chronic Pain

October 19 to November 23

Mondays, 10:00am to 12:30pm

Kerrisdale Community Centre

5851 W. Boulevard, Vancouver BC

Diabetes

October 6 to November 10

Tuesdays, 12:30pm to 3:00pm

Killarney Community Centre

6260 Killarney St, Vancouver BC

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October 20 to December 1

Tuesdays, 10:00am to 12:30pm

South Arm Community Centre

8880 Williams Rd, Richmond BC

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA

Connect with us:  @SelfManagementBC
 @SMPatUVic