

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

Cancer: Thriving & Surviving

April 23 to June 4

Wednesdays, 10am to 12:30pm

Minoru Centre for Active Living

7191 Granville Ave, Richmond BC

Chronic Conditions

April 24 to May 29

Thursdays, 9:30am to 12:00pm

Killarney Seniors Centre

6260 Killarney St, Vancouver BC

Diabetes

April 26 to May 31

Saturdays, 10am to 12:30pm

RISE Community Health Centre

5198 Joyce St, Vancouver BC

Chronic Pain

April 28 to June 9

Mondays, 10:00am to 12:30pm

Kerrisdale Community Ctr

5851 W. Boulevard, Vancouver BC

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April 28 to June 9

Mondays, 12:30pm to 3:00pm

Thompson Community Centre

5151 Granville Ave, 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

Connect with us:



@SelfManagementBC

@SMPatUVic