

# 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!

### VCH IN-PERSON WORKSHOPS

**\*please check our website regularly for newly added in-person workshops in the VCH region:**

[selfmanagementbc.ca](http://selfmanagementbc.ca)

### VIRTUAL WORKSHOPS:

#### **Chronic Conditions**

**January 27 to March 3**

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

#### **Chronic Pain**

**January 22 to February 26**

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

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**March 4 to April 8**

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

#### **Diabetes**

**January 21 to February 25**

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

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**February 17 to March 24**

**Tuesdays, 9:30am to 12:00pm**

*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:



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