

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 provider
- ✓ 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
ALSO AVAILABLE:**

HEALTH COACH PROGRAM

OR

FRAILTY COACHING PROGRAM

ISLAND HEALTH REGION IN-PERSON WORKSHOPS

Chronic Pain

(for ages 55+)

November 3 to December 8

Tuesdays

9:30am to 12:00pm

Saanich Silver Threads

Library

286 Hampton Road

Saanich, BC

TO REGISTER: contact Saanich Silver Threads at
250-382-3151 or visit their
website:

<https://silverthreads.recdesk.com/Community/Home>

For Program Info:

selfmanagementbc.ca

Lower Mainland 604-940-1273

Toll Free 1-866-902-3767

Email selfmgmt@uvic.ca