

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

ISLAND REGION IN-PERSON WORKSHOPS

Diabetes

September 15 to October 20
Tuesdays, 9:30am to 12:00pm
Saanich Silver Threads
286 Hampton Rd, Saanich BC
**To Register, call:
250-382-3151**

Chronic Pain

September 16 to October 21
Wednesdays, 10:00am to 12:30pm
Christian Fellowship Centre
825 Village Way, Qualicum Beach BC
Register through Self-Management BC

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November 3 to December 8
Tuesdays, 9:30am to 12:00pm
Saanich Silver Threads
286 Hampton Rd, Saanich BC
**To Register, call:
250-382--3151**

Chronic Conditions

September 21 to November 2
Mondays, 1:30pm to 4:00pm
Saanich Volunteer Services Society
1445 Ocean View Rd, Saanich BC
Register through Self-Management BC

For further info about our programs:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)
1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca

Connect with us:



@SelfManagementBC
@SMPatUVic