

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



ISLAND REGION IN-PERSON WORKSHOPS

Chronic Conditions

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

VIRTUAL WORKSHOPS:

Cancer: Thriving & Surviving

September 10 to October 22
Thursdays, 1:00pm to 3:30pm

Chronic Conditions

October 6 to November 10
Tuesdays, 1:00pm to 3:30pm

*

October 13 to November 17
Tuesdays, 2:00pm to 4:30pm

*

October 22 to November 26
Thursdays, 6:00pm to 8:30pm

Chronic Pain

September 24 to October 29
Thursdays, 1:00pm to 3:30pm

*

October 6 to November 10
Tuesdays, 1:00pm to 3:30pm

*

October 7 to November 11
Wednesdays, 6:00pm to 8:30pm

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