

# 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!

## ISLAND REGION VIRTUAL WORKSHOPS

### Chronic Pain

May 19 to June 23

Tuesdays, 1:00pm to 3:30pm

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May 20 to June 24

Wednesdays, 6:00pm to 8:30pm

### Cancer: Thriving & Surviving

May 7 to June 11

Thursdays, 1:00pm to 3:30pm

### Chronic Conditions

April 28 to June 2

Tuesdays, 4:00pm to 6:30pm

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May 11 to June 22

Mondays, 6:00pm to 8:30pm

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June 10 to July 15

Wednesdays, 1:00pm to 3:30pm

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July 2 to August 6

Thursdays, 1:00pm to 3:30pm

### Diabetes

June 16 to July 21

Tuesdays, 6:00pm to 8:30pm

**\*Please check our website regularly  
for newly added IN-PERSON  
workshops in your community!**

**For further info about our programs:**

[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



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COLUMBIA

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