

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 VIRTUAL WORKSHOPS

We do not currently have any in-person workshops scheduled in the Islands Region, but check our website regularly as workshops are added on an ongoing basis throughout the year!

VIRTUAL WORKSHOPS:

Cancer: Thriving & Surviving

June 4 to July 9

Thursdays, 1:00pm to 3:30pm

Chronic Conditions

June 8 to July 13

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

Chronic Pain

September 24 to October 29

Thursdays, 1:00pm to 3:30pm

Diabetes

June 16 to July 21

Tuesdays, 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