

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 Pain

(for ages 55+)

January 6 to February 10

Tuesdays, 9:30am to 12:00pm

Saanich Silver Threads

286 Hampton Road

Victoria BC

Chronic Conditions

(for ages 55+)

February 17 to March 24

Tuesdays, 9:30am to 12:00pm

Saanich Silver Threads

286 Hampton Road

Victoria BC

***registrations for both of the above workshops are being handled by the venue:**

Registration Options:

1. Call the Centre: 250-382-3151
2. Drop by the Centre in-person
3. Online link: <https://silverthreads.recdesk.com/Community/Home>

For further info about our programs:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca

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