

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

Chronic Pain

September 18 to October 23

Thursdays

1:30pm to 4:00pm

Hillside Seniors Health Centre:

Yakimovich Wellness Centre

1454 Hillside Avenue

Victoria, BC

Chronic Conditions

September 23 to October 28

Tuesdays

11:00am to 1:30pm

James Bay Community Project

547 Michigan Street

Victoria, BC

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca

Connect with us:



@SelfManagementBC

@SMPatUVic