

# 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!**



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](http://www.selfmanagementbc.ca)**

**604-940-1273 (Lower Mainland)**

**1-866-902-3767 (Toll Free)**

**[selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)**

**Connect with us:**



**@SelfManagementBC**

**@SMPatUVic**