

# 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

*(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](https://silverthreads.recdesk.com/Community/Home)

*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