

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!

INTERIOR HEALTH VIRTUAL WORKSHOPS

CHRONIC CONDITIONS

September 22 to October 27

Tuesdays

4:30pm to 7:00pm

October 6 to November 10

Tuesdays

1:00pm to 3:30pm

October 22 to November 26

Thursdays

6:00pm to 8:30pm

CHRONIC PAIN

October 7 to November 18

Wednesdays

6:00pm to 8:30pm

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca



**University
of Victoria**

Institute on Aging
& Lifelong Health



**BRITISH
COLUMBIA**

Connect with us:



@SelfManagementBC

@SMPatUVic