

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

ALSO AVAILABLE:

SELF-MANAGEMENT HEALTH COACH PROGRAM

FREE one-on-one phone support will help you get the most out of life!

*Call 1-866-902-3767 or email smhcoach@uvic.ca
for more information*



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

SELF-MANAGEMENT WORKSHOPS

FRASER HEALTH - SOUTH

Diabetes

The Waterford

1345 56th Street, Delta

Mondays, Sept. 30 to Nov. 18,
2019

1:45pm to 4:15pm

Interested in Becoming a Volunteer Program Leader?

4-Day Chronic Conditions Leader Training

University of Victoria - Ladner Office

4907 Chisholm Street, Ladner

September 18, 19, 25, 26 2019

10:00am to 4:00pm

Apply online at:

www.selfmanagementbc.ca/applicationform

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