

# 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](mailto:smhcoach@uvic.ca)  
for more information

## SELF-MANAGEMENT WORKSHOPS

### FRASER HEALTH - SOUTH

#### *Chronic Pain*

Kennedy Seniors Centre  
11760 88th Avenue, N. Delta  
Saturdays, Nov. 2 to Dec. 14, 2019  
1:00pm to 3:30pm

McKee Seniors Recreation Centre  
5155 47th Avenue, Ladner  
Wednesdays, Nov. 6 to Dec. 11, 2019  
2:00pm to 4:30pm

*For the most up-to-date list of workshops scheduled for your community, go to [www.selfmanagementbc.ca/upcomingworkshops](http://www.selfmanagementbc.ca/upcomingworkshops)*

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#### *Interested in Becoming a Volunteer Program Leader?*

**4-Day Chronic Conditions Training**  
Willoughby Community Centre,  
7888 200th Street, Langley  
October 26, 27, November 2, 3, 2019  
9:30 am to 3:30 pm each day

**Apply online at:**

[www.selfmanagementbc.ca/  
applicationform](http://www.selfmanagementbc.ca/applicationform)

*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)



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA

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@SMPatUVic