

# 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

### INTERIOR HEALTH REGION - KOOTENAYS

#### *Chronic Pain*

Kootenay Career Development Society

1016 4th Street, Castlegar

Wednesdays, Sept. 18 to Oct. 23, 2019

10:00am to 12:30pm

#### *Diabetes*

Selkirk College - Silver King Campus

2001 Silver King Road, Nelson

Tuesdays, Sept. 17 to Oct. 22, 2019  
10:00am to 12:30pm

**For the most up-to-date list of workshops, please visit [selfmanagementbc.ca](http://selfmanagementbc.ca)**

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INTERESTED IN BECOMING A  
**VOLUNTEER PROGRAM LEADER**  
IN YOUR COMMUNITY?

**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)

Connect with us:  @SelfManagementBC  
 @SMPatUVic



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA