

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

INTERIOR HEALTH REGION - OKANAGAN

Chronic Pain

Kelowna Family Y

375 Hartman Road, Kelowna

Tuesdays, Sept. 24 to Oct. 29, 2019
1:00pm to 3:30pm

Johnson Bentley Aquatic Centre

3737 Old Okanagan Hwy, West Kelowna

Fridays, Sept. 27 to Nov. 1, 2019
1:00pm to 3:30pm

Cancer: Thriving & Surviving

BC Cancer Clinic

399 Royal Avenue, Kelowna

Mondays, Sept. 9 to Oct. 21, 2019
9:00am to 11:30am

Footprints to Employment

190 Footprints Court, Penticton

Wednesdays, Sept. 18 to Oct. 23, 2019
1:00pm to 3:30am

Diabetes

People Place

Room 003, 3402 27th Avenue, Vernon

Mondays, Sept. 23 to Nov. 4, 2019
6:00pm to 8:30pm

For the most up-to-date list of workshops,
please visit selfmanagementbc.ca

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