

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

SELF-MANAGEMENT WORKSHOPS

INTERIOR HEALTH REGION - THOMPSON CARIBOO SHUSWAP

Chronic Pain

Kamloops - Downtown Y
400 Battle Street, Kamloops
Thursdays, Sept. 26 to Oct. 31, 2019
1:30pm to 4:00pm

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

Interested in Becoming a Volunteer Program Leader?

4-Day Chronic Conditions Leader Training

100 Mile House District General Hospital

555 Cedar Avenue
100 Mile House

October 7, 8, 9, 10, 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



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA