

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

Cancer: Thriving & Surviving

Vernon Jubilee Hospital -
Cancer Centre

2101 32nd Street, Vernon

Thursdays, Aug. 22 to Sept. 26, 2019

9:30am to 12:00pm

Chronic Pain

100 Mile House

District General Hospital

555 Cedar Ave, 100 Mile House

Fridays, Aug. 30 to Oct. 4, 2019

1:00pm to 3:30pm

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

Interested in Becoming a Volunteer Program Leader?

4-Day Chronic Pain Leader Training
Kootenay Career Development Society

1016 4th Street, Castlegar

Aug. 22, 23, 24, 25, 2019

9:00am to 4:30pm

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

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 @SMPatUVic



University
of Victoria

Institute on Aging
& Lifelong Health



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