

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

Chronic Pain

Hawthorn Park

867 KLO Road, Kelowna

Tuesdays, Nov. 5 to Dec. 10, 2019

1:00pm to 3:30pm

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

*Interested in Becoming a
Volunteer Program Leader or
Health Coach?*

4-Day Chronic Conditions Training
Five Corners Church

3160 10th Ave SE, Salmon Arm

November 18, 19, 20, 21, 2019

9:30am to 4:00pm

2-Day Health Coach Training
Uptown Askews

2701 11th Ave NE, Salmon Arm

November 30 & December 1, 2019

9:30am to 4:00pm

Apply online at:

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