

# 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



University  
of Victoria

Institute on Aging  
& Lifelong Health



BRITISH  
COLUMBIA

## SELF-MANAGEMENT WORKSHOPS

### INTERIOR HEALTH REGION

#### *Chronic Pain*

Shuswap Lake General Hospital  
5th Floor Education Room  
601 10th Street NE, Salmon Arm  
Fridays, Feb. 7 to Mar. 13, 2020  
10:00am to 12:30pm

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

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*Interested in Becoming a  
Volunteer Program Leader in  
your Community?*

#### **4-Day Chronic Conditions Training**

Princeton Regional Hospital  
98 Ridgewood Drive, Princeton  
February 3, 4, 5, 6, 2020

9:30am to 4:00pm

**OR**

**People Place**

**201-3402 27th Avenue, Vernon**

March 2, 3, 4, 5, 2020

9:30am to 4:00pm

#### **4-Day Chronic Pain Training**

**The Residence on 6th**

**4445 6th Street, Peachland**

February 22, 23, 29, March 1, 2020

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](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