

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

NORTHERN HEALTH REGION

Chronic Conditions

Terrace Public Library
Boardroom

4610 Park Avenue, Terrace

Wednesdays, Oct. 2 to Nov. 6, 2019

6:00pm to 8:30pm

ACE Activity Centre

1131 6th Avenue, Prince George

Fridays, Oct. 18 to Nov. 22, 2019

1:00pm to 3:30pm

Native Friendship Centre

Bladerunner Room

1600 3rd Avenue, Prince George

Saturdays, Oct. 19 to Nov. 23, 2019

1:00pm to 3:30pm

Chronic Pain

Quesnel District Arts & Recreation Centre
Activity Room

500 North Star Road, Quesnel

Fridays, Oct. 25 to Nov. 29, 2019

10:00am to 12:30pm

INTERESTED IN BECOMING A
VOLUNTEER PROGRAM LEADER
IN YOUR COMMUNITY?

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



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