

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

RICHMOND

Chronic Pain

West Richmond Community Centre
Games Room

9180 No. 1 Road, Richmond

Thursdays, Feb. 6 to Mar. 12, 2020
2:00pm to 4:30pm

Chronic Conditions

Hamilton Community Centre

5140 Smith Drive, Richmond

Tuesdays, Feb. 11 to Mar. 17, 2020
10:00am to 12:30pm

Cancer: Thriving & Surviving

Minoru Centre for Active Living
Multi-Purpose

7191 Granville Avenue, Richmond

Fridays, Feb. 21 to Mar. 27, 2020
10:00am to 12:30pm

*For the most up-to-date list of workshops
in your community, please visit
selfmanagementbc.ca/upcomingworkshops*

*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



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

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 @SMPatUVic