

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

VANCOUVER COASTAL - SUNSHINE COAST/POWELL RIVER

Chronic Conditions

Pender Harbour Health Centre
5066 Francis Peninsula Road,
Madeira Park

Fridays, Sept. 20 to Oct. 25, 2019
1:00 pm to 3:30 pm

Chronic Pain

Powell River Recreation Complex
Poolside**

5001 Joyce Avenue, Powell River
Mondays, Sept. 30 to Nov. 18, 2019
11:30 am to 3:30 pm

***Please register for this program through
the Powell River Recreation Complex by
calling 604-485-2891***

***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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