

# 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

## SELF-MANAGEMENT WORKSHOPS

### VANCOUVER COASTAL - VANCOUVER

#### *Chronic Pain*

St Paul's Hospital

1081 Burrard Street, Vancouver

Tuesdays, Sept. 17 to Oct. 22, 2019

1:15pm to 3:45pm

BC Women's Hospital

E200, 4500 Oak Street, Vancouver

Wednesdays, Sept. 25 to Oct. 30, 2019

6:00pm to 8:30pm

#### *Chronic Conditions*

Killarney Seniors Centre

6260 Killarney Street, Vancouver

Wednesdays, Sept. 18 to Oct. 23, 2019

10:00am to 12:30pm

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

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### *Interested in Becoming a Volunteer Program Leader?*

4-Day Chronic Conditions Leader Training

St Paul's Hospital

1081 Burrard Street, Vancouver

Sept. 4, 6, 9, 11, 2019

10:00 am to 4:00 pm

**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)



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA

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