

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



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

SELF-MANAGEMENT WORKSHOPS

VANCOUVER COASTAL - VANCOUVER

Chronic Pain

St Paul's Hospital

1081 Burrard Street, Vancouver

Tuesdays, Sep. 21 to Oct. 22, 2019

1:15pm to 3:45pm

St Paul's Hospital

1081 Burrard Street, Vancouver

Tuesdays, Sept. 26 to Oct. 31, 2019

1:00pm to 3:30pm

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**

***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