



## 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 REGION

*Interested in Becoming a Volunteer Program Leader?*

#### Chronic Conditions 4-Day Leader Training

The 55 Activity Centre  
1201 Village Green Way, Squamish  
May 31, June 1, June 7, June 8, 2019  
9:30 am to 3:30 pm

GF Strong Rehabilitation Centre  
4255 Laurel Street, Vancouver  
June 1, 2, 8, 9, 2019  
9:30 am to 4:00 pm

#### Health Coach 2-Day Leader Training

GF Strong Rehabilitation Centre  
4255 Laurel Street, Vancouver  
June 15 and June 22, 2019  
9:30 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

Connect with us:  @SelfManagementBC  
 @SMPatUVic