

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 REGION

Chronic Pain

HOpe Centre - Lion's Gate Hospital
2506 (2nd floor)

1337 St Andrews Ave, North Vancouver
Wednesdays, Nov. 6 to Dec. 11, 2019
1:00pm to 3:30pm

Minoru Centre for Active Living
7191 Granville Ave, Richmond
Fridays, Nov. 8 to Dec. 13, 2019
10:00am to 12:30pm

Diabetes

Roundhouse Community Arts &
Recreation Centre
Music Room

181 Roundhouse Mews, Vancouver
Thursdays, Nov. 7 to Dec. 12, 2019
1:30pm to 4:00pm

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