

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

Diabetes

Killarney Seniors Centre, CC #202
6260 Killarney Street, Vancouver

Wednesdays, Feb. 5 to Mar. 11, 2020
6:00pm to 8:30pm

Chronic Pain

Barclay Manor

Multi-Purpose, Lower Level

1447 Barclay Street, Vancouver

Thursdays, Feb. 6 to Mar. 12, 2020
1:00pm to 3:30pm

Cancer: Thriving & Surviving

Renfrew Park Community Centre
Computer Room

2929 East 22nd Avenue, Vancouver

Tuesdays, Feb. 11 to Mar. 17, 2020
10:00am to 12:30pm

Chronic Conditions

Roundhouse Community Arts &
Recreation Centre

181 Roundhouse Mews, Vancouver

Sundays, Feb. 16 to Mar. 29, 2020
1:00pm to 3:30pm

**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

Connect with us:  @SelfManagementBC
 @SMPatUVic