

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 ISLAND - MID-NORTH

Chronic Pain

VIRL - North Nanaimo Branch
Meeting Room

6250 Hammond Bay Road, Nanaimo

Mondays, Feb. 3 to Mar. 16, 2020

1:00pm to 3:30pm

(no session February 17)

Quality Foods Harewood
(upstairs)

867 Bruce Avenue, Nanaimo

Fridays, Feb. 28 to Apr. 3, 2020

1:00pm to 3:30pm

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

Interested in Becoming a Volunteer Program Leader?

4-Day Chronic Pain Training

North Island Hospital

375 2nd Avenue, Campbell River

February 4, 5, 6, 7, 2020

9:30am to 4:00pm each day

Apply online at:

[www.selfmanagementbc.ca/
applicationform](http://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