

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

Kelsey Recreation Centre
652 Hkusam Way, Sayward
Tuesdays, Mar. 3 to Apr. 7, 2020
2:30pm to 5:00pm

Eagles Hall, Upstairs Room
921 1st Avenue, Ladysmith
Thursdays, Mar. 5 to Apr. 9, 2020
1:00pm to 3:30pm

North Island Hospital
Room 7/8 (at front of hospital)
375 2nd Avenue, Campbell River
Tuesdays, Mar. 17 to Apr. 21, 2020
1:15pm 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

Connect with us:  @SelfManagementBC
 @SMPatUVic