

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 - SOUTH & GULF ISLANDS

Chronic Conditions

Volunteer Cowichan

135 Third Street, Duncan

Saturdays, Mar. 21 to Apr. 25, 2020

1:00pm to 3:30pm

Diabetes

Volunteer Cowichan

135 Third Street, Duncan

Tuesdays, Mar. 3 to Apr. 7, 2020

6:00pm to 8:30pm

Hillside Seniors Health Centre

Yakimovich Wellness Centre

1454 Hillside Avenue, Victoria

Thursdays, Mar. 19 to Apr. 23, 2020

1:00pm to 3:30pm

Chronic Pain

SHOAL Activity Centre, Crafts Room

10030 Resthaven Drive, Sidney

Thursdays, Mar. 5 to Apr. 9, 2020

1:00pm to 3:30pm

GVPL - James Bay Branch

385 Menzies Street, Victoria

Wednesdays, Mar. 18 to Apr. 22, 2020

6:00pm to 8:30pm

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