

Self-Management

British Columbia



KNOWLEDGE + SKILLS + CONFIDENCE

put life back in your life

FREE Six-Session Workshops for Adults with Any Ongoing Physical or Mental 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



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA

SELF-MANAGEMENT WORKSHOPS VANCOUVER ISLAND - SOUTH

Diabetes

SHOAL Activity Centre
Crafts Room

10030 Resthaven Drive, Sidney
Tuesdays, May 7 to June 11, 2019
6:30 pm to 9:00 pm

Greater Victoria Public Library -
Nellie McClung Branch

3950 Cedar Hill Road, Victoria
Thursdays, May 9 to June 13, 2019
6:00 pm to 8:30 pm

Interested in Becoming a Volunteer Program Leader?

Chronic Pain Leader Training
Comox Valley Nursing Centre
615 10th Street, Courtenay

June 7, 8, 9, 10, 2019
10:00am to 4:00 pm

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