

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

SELF-MANAGEMENT WORKSHOPS

VANCOUVER ISLAND

Chronic Pain

Volunteer Cowichan

1 Kenneth Place, Duncan

Saturdays, Nov. 2 to Dec. 7, 2019

1:00pm to 3:30pm

Pender Island Health Centre

5715 Canal Road, Pender Island

Saturdays, Nov. 2 to Dec. 7, 2019

1:00pm to 3:30pm

Comox Valley Nursing Centre

615 10th Street, Courtenay

Mondays, Nov. 4 to Dec. 16, 2019

1:30pm to 4:00pm

Interested in Becoming a Volunteer Program Leader?

4-Day Chronic Pain Leader Training

Hillside Seniors Health Centre -

Yakimovich Wellness Centre

1454 Hillside Avenue, Victoria

Nov. 15, 16, 22, 23, 2019

10:00am to 4:00 pm

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



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA