

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 - MID/NORTH

Chronic Conditions

Vancouver Island Regional Library -
North Nanaimo

6250 Hammond Bay Road,
Nanaimo

Mondays, Sept. 16 to Oct. 28, 2019
(no session Oct. 14)
1:00pm to 3:30pm

Chronic Pain

Kelsey Recreation Centre
652 H'Kusam Way, Sayward

Tuesdays, Sept. 10 to Oct. 15, 2019
6:30pm to 9:00pm

Diabetes

Vancouver Island Regional Library -
Downtown

90 Commercial Street, Nanaimo

Mondays, Sept. 9 to Oct. 21, 2019
(no session Oct. 14)
1:00pm to 3:30pm

*To register or for further
information:*

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

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 @SMPatUVic