

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 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

Diabetes

Quality Foods Harewood
Upstairs Meeting Room

867 Bruce Avenue, Nanaimo
Fridays, Sept. 13 to Oct. 18, 2019
1:00pm to 3:30pm

For the most up-to-date list of workshops,
please visit selfmanagementbc.ca

*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