

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

Chronic Conditions

Cowichan Brain Injury Society
5814 Banks Road, Duncan

Tuesdays, Sept. 10 to Oct. 15, 2019
10:00am to 12:30pm

Hillside Seniors Health Centre -
Yakimovich Wellness Centre
1454 Hillside Avenue, Victoria

Thursdays, Sept. 19 to Oct. 31, 2019
1:00pm to 3:30pm

Chronic Pain

New Horizons - James Bay
234 Menzies Street, Victoria

Wednesdays, Sept. 25 to Oct. 30, 2019
1:00pm to 3:30pm

Diabetes

Cook Street Village Activity Centre
1-380 Cook Street, Victoria

Tuesdays, Sept. 10 to Oct. 15, 2019
10:00am to 12:30pm

Greater Victoria Public Library - Oak Bay
735 Broughton Street, Victoria

Mondays, Sept. 16 to Oct. 28, 2019
1:00pm to 3:30pm

SHOAL Activity Centre
Computer Room

10030 Resthaven Drive, Sidney
Thursdays, Sept. 19 to Oct. 24, 2019
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

Connect with us:



@SelfManagementBC



@SMPatUVic