

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

IN-PERSON WORKSHOPS

Chronic Pain

St. Mark's Anglican Church

12953 20th Avenue, Surrey BC

Thursdays, Sept 28– Nov 2, 1pm-3:30pm

VIRTUAL WORKSHOPS

Chronic Conditions

Tuesdays, July 18 to August 22

6:00pm to 8:30pm

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Tuesdays, August 1 to September 5

9:30am to 12:00pm

Chronic Pain

Fridays, September 15 to October 20

1:00pm to 3:30pm

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Thursdays, September 21 to October 26

6:00pm to 8:30pm

Diabetes

Wednesdays, September 6 to October 11

9:30am to 12:00pm

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