

# 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](mailto:smhcoach@uvic.ca)  
for more information

### IN-PERSON WORKSHOPS

#### **Chronic Pain**

Saturdays, October 21 to December 2  
10:30am to 1:00pm

Ridge Meadows Seniors Society  
12150 224th Street  
Maple Ridge, BC

### VIRTUAL WORKSHOPS

#### **Chronic Conditions**

Tuesdays, September 26 to October 31  
6:00pm to 8:30pm

#### **Chronic Pain**

Tuesdays, September 26 to October 31  
6:00pm to 8:30pm

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Wednesdays, November 1 to December 6  
6:00pm to 8:30pm

#### **Diabetes**

Wednesdays, September 27 to November 1  
10:00am to 12:30pm

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Thursdays, October 12 to November 16  
1:30pm to 4:00pm

To register or for further information:

[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

[selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)

Connect with us:



@SelfManagementBC

@SMPatUVic



University  
of Victoria

Institute on Aging  
& Lifelong Health



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