

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

Penticton Community Centre
325 Power Street, Penticton BC
Tuesdays, Oct 3 to Nov 7
2:00pm to 4:30pm

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Nelson Public Library
602 Stanley Street, Nelson BC
Wednesdays, Oct 4 to Nov 8

1:00pm to 3:30pm

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Johnson Bentley Aquatic Centre
3737 Old Okanagan Hwy, West Kelowna BC

Fridays, Oct 20 to Dec 1

1:00pm to 3:30pm

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Penticton Community Centre
325 Power Street, Penticton BC
Thursdays, Nov 9 to Dec 14

1:00pm to 3:30pm

Cancer

BC Cancer– Okanagan Room
399 Royal Avenue, Kelowna BC

Tuesdays, Oct 3 to Nov 7

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