

Self-Management Health Coach Program

Wellness, Confidence & Motivation

- ▶ Do you feel stuck in managing your health?
- ▶ Do you want to be more physically active?
- ▶ Are you lacking the motivation to change?

YOU COULD BENEFIT FROM A HEALTH COACH!

Health Coaches can support you to:

- ▶ TAKE ACTION ▶ Identify and manage barriers to change
- ▶ Increase self-confidence ▶ Connect socially and emotionally
- ▶ Initiate and maintain behavior change

We offer a FREE telephone support program for individuals:

- 18 and over
- living with chronic health condition(s) or pain
- keen to improve wellness
- with specific health goal(s) to achieve
- available for 3 months for a weekly 30 minute telephone call



FOR MORE INFORMATION: www.selfmanagementbc.ca

CONTACT US: smhcoach@uvic.ca 604-940-1273 or 1-866-902-3767



University
of Victoria

Institute on Aging
& Lifelong Health

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