



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

McKee Seniors Recreation Centre

5155 47th Ave, Ladner BC

Tuesdays, May 9– June 13

1:00pm-3:30pm

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Fleetwood Community Centre

15996—84 Avenue, Surrey BC

Fridays, May 26—June 30

9:30am-12:00pm

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St. Mark's Anglican Church

12953 20th Avenue, Surrey BC

Thursdays, Sept 28-Nov 2

1:00pm-3:30pm

Diabetes

Newton Seniors' Centre

13775 70th Avenue, Surrey BC

Wednesdays, May 24– June 28

9am-1130am

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