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

1-TO-1 TELEPHONE COACHING AVAILABLE:

SELF-MANAGEMENT HEALTH COACH PROGRAM

OR

FRAILTY COACHING PROGRAM

Call 1-866-902-3767 or Email selfmgmt@uvic.ca for more info!

University of Victoria | Institute on Aging & Lifelong Health

BRITISH COLUMBIA

FRASER HEALTH EAST IN-PERSON WORKSHOPS

Chronic Pain

October 14 to November 25
Tuesdays, 1:00pm to 3:30pm
Bob Chan-Kent Family YMCA
45844 Hocking Ave, Chilliwack BC

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October 14 to November 25
Tuesdays, 10:00am to 12:30pm
Aldergrove Library
26770 29 Ave, Aldergrove BC

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October 16 to November 20
Thursdays, 10:00am to 12:30pm
Langley Senior Resources Society
20605– 51B Ave, Langley BC

Chronic Conditions

October 15 to November 19
Wednesdays, 10:00am to 12:30pm
Shepherd of the Valley Lutheran Church
20097 72 Ave, Langley BC

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October 16 to November 20
Thursdays, 1:00pm to 3:30pm
Matsqui Recreation Centre, MP Room 5
3106 Clearbrook Rd, Abbotsford BC

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October 19 to November 23
Sundays, 2:00pm to 4:30pm
Bob Chan-Kent Family YMCA
45844 Hocking Ave, Chilliwack BC

Diabetes

October 16 to November 20
Thursdays, 10:00am to 12:30pm
Chilliwack & FH Rural Primary Care Centre
#104– 7955 Evans Rd, Chilliwack BC

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October 19 to November 23
Sundays, 2:00pm to 4:30pm
Walnut Grove Community Centre
8889 Walnut Grove Dr, Langley BC

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)
1-866-902-3767 (Toll Free)
selfmgmt@uvic.ca