

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



FRASER HEALTH EAST IN-PERSON WORKSHOPS

Chronic Pain

February 3 to March 10

Tuesdays, 1:00pm to 3:30pm

Matsqui Recreation Centre, MP Room 5

3106 Clearbrook Rd, Abbotsford BC

February 3 to March 10

Tuesdays, 10:00am to 12:30pm

Chilliwack & FH Rural Primary Care Ctr

104- 7955 Evans Rd, Chilliwack BC

February 8 to March 15

Sundays, 2:00pm to 4:30pm

Walnut Grove Community Ctr, Room 5

8889 Walnut Grove Dr, Langley BC

Diabetes

February 5 to March 12

Thursdays, 1:00pm to 3:30pm

Aldergrove Library

26770 29 Ave, Aldergrove BC

February 8 to March 15

Sundays, 2:00pm to 4:30pm

Bob Chan-Kent Family YMCA

45844 Hocking Ave, Chilliwack BC

Chronic Conditions

February 5 to March 12

Thursdays, 10:00am to 12:30pm

Sardis Library– FVRL

5819 Tyson Road, Sardis BC

February 5 to March 12

Thursdays, 10:00am to 12:30pm

Langley Senior Resources Society

20605 51B Avenue, Langley BC

February 8 to March 15

Sundays, 2:00pm to 4:30pm

Matsqui Recreation Ctr, MP Room 5

3106 Clearbrook Rd, Abbotsford BC

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

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