

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

April 26 to June 7

Sundays, 2:00pm to 4:30pm

**Matsqui Recreation Centre, MP Rm 2/3
3106 Clearbrook Rd, Abbotsford BC**

*

April 26 to June 7

Sundays, 2:00pm to 4:30pm

**Sardis Library– FVRL, MP Room
5819 Tyson Rd, Sardis BC**

*

May 7 to June 11

Thursdays, 10:00am to 12:30pm

**Langley Senior Resources Society
Brock-Douglas Room**

20605 51B Ave, Langley BC

Chronic Conditions

April 26 to June 7

Sundays, 2:00pm to 4:30pm

**Walnut Grove Community Centre
8889 Walnut Grove Dr, Langley BC**

*

May 12 to June 16

Tuesdays, 1:00pm to 3:30pm

**Matsqui Recreation Centre, MP Rm 5
3106 Clearbrook Rd, Abbotsford BC**

*

May 19 to June 23

Tuesdays, 10:00am to 12:30pm

**Chilliwack & FH Rural Primary Care Ctr
#104—7955 Evans Rd, Chilliwack BC**

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca