

# 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](mailto: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 18  
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](http://www.selfmanagementbc.ca)

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