

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

February 2 to March 9

Sundays, 2:00pm to 4:30pm

Bob Chan-Kent Family YMCA
45844 Hocking Ave, Chilliwack BC
*

February 2 to March 9

Sundays, 2:00pm to 4:30pm

Walnut Grove Community Centre
Multi-purpose Room #4
8889 Walnut Grove Dr, Langley BC
*

February 6 to March 13

Thursdays, 1:00pm to 3:30pm

Matsqui Recreation Centre
Multi-purpose Room #6
3106 Clearbrook Rd, Abbotsford BC

Chronic Conditions

February 2 to March 9

Sundays, 2:00pm to 4:30pm

Matsqui Recreation Centre
3106 Clearbrook Rd, Abbotsford BC
*

February 4 to March 11

Tuesdays, 10:00am to 12:30pm

The Hawthorn at Elim Village
Garrison Crossing
45418 Chehalis Dr, Chilliwack BC
*

February 6 to March 13

Thursdays, 10:00am to 12:30pm

Langley Senior Resources Society
Brock Douglas Room
20605 51B Ave, 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

Connect with us:



@SelfManagementBC



@SMPatUVic