

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 NORTH IN-PERSON WORKSHOPS

Diabetes

February 28 to April 4
Saturdays, 9:00am to 11:30am
Glen Pine Pavilion
1200 Glen Pine Court,
Coquitlam BC

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April 11 to May 16
Saturdays, 9:30am to 12:00pm
Glen Pine Pavilion, Corner Pocket
1200 Glen Pine Court,
Coquitlam BC

Chronic Pain

March 14 to April 18
Saturdays, 10:00am to 12:30pm
Century House
620 Eighth Street
New Westminster BC

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April 9 to May 14
Thursdays, 9:30am to 12:00pm
Dogwood Pavilion
1655 Winslow Ave, Coquitlam 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