

# 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**

#### ALSO AVAILABLE:

#### SELF-MANAGEMENT HEALTH COACH PROGRAM

**FREE** one-on-one phone support will help you get the most out of life!

Call 1-866-902-3767 or email [smhcoach@uvic.ca](mailto:smhcoach@uvic.ca)  
for more information



University  
of Victoria

Institute on Aging  
& Lifelong Health



BRITISH  
COLUMBIA

## IN-PERSON WORKSHOPS

### **Chronic Pain**

Ridge Meadows Seniors Society

12150 224th Street, Maple Ridge BC

Saturdays, May 20—June 24

10:30am-1:00pm

### **Diabetes**

Millardville Community Centre

Board Room

1200 Cartier Street, Coquitlam BC

Tuesdays, May 16 – June 20

10:00am-12:30pm

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Glen Pine Pavilion

1200 Glen Pine Court, Coquitlam BC

Thursdays, June 1– July 6

1:30pm-4:00pm

### **Chronic Conditions**

Glen Pine Pavilion

1200 Glen Pine Court, Coquitlam BC

Saturdays, July 8—Aug 12

10:00am-12:30pm

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)

Connect with us:  @SelfManagementBC  
 @SMPatUVic