

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
for more information

IN-PERSON WORKSHOPS

Chronic Pain

Millardville Community Centre

1200 Cartier Street, Coquitlam BC

Tuesdays, Apr 4– May 9, 10am-1230pm

*

Glen Pine Pavilion

1200 Glen Pine Ct, Coquitlam BC

Tuesdays, Apr 18– May 23, 6pm-830pm

*

Golden Ears United Church

22165 Dewdney Trunk Rd, Maple Ridge BC

Tuesdays, Apr 18– May 23, 1pm-330pm

Diabetes

Century House

620 Eighth St, New Westminster BC

Saturdays, Apr 29– June 10, 10am-1230pm

*

Millardville Community Centre, Board Rm

1200 Cartier Street, Coquitlam BC

Tuesdays, May 16– June 20, 10am-1230pm

*

Glen Pine Pavilion

1200 Glen Pine Court, Coquitlam BC

Thursdays, June 1– July 6, 130pm-4pm

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



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA