

# 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!

## FRASER HEALTH NORTH IN-PERSON WORKSHOPS

### **Chronic Conditions**

**September 9 to October 21**

**Tuesdays, 9:30am to 12:00pm**

**Dogwood Pavilion**

**1655 Winslow Ave, Coquitlam BC**

### **Chronic Pain**

**September 13 to October 18**

**Saturdays, 10:00am to 12:30pm**

**Century House**

**620 Eighth St, New Westminster BC**

\*

**September 20 to October 25**

**Saturdays, 9:30am to 12:00pm**

**Glen Pine Pavilion**

**1200 Glen Pine Court, Coquitlam BC**

\*

**November 4 to December 16**

**Tuesdays, 9:30am to 12:00pm**

**Dogwood Pavilion**

**1655 Winslow Ave, Coquitlam BC**

### **Diabetes**

**November 1 to December 6**

**Saturdays, 10:00am to 12:30pm**

**Century House**

**620 Eighth St, New Westminster BC**

\*

**November 1 to December 13**

**Saturdays, 9:30am to 12:00pm**

**Glen Pine Pavilion, Corner Pocket**

**1200 Glen Pine Court, Coquitlam 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)



University  
of Victoria

Institute on Aging  
& Lifelong Health



BRITISH  
COLUMBIA

Connect with us:



@SelfManagementBC



@SMPatUVic