

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



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA

IN-PERSON WORKSHOPS

Chronic Pain

Clayton Heights Community Centre
18680 72 Ave, Surrey BC

Thursdays, Apr 6– May 11, 1pm-330pm

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Jim Pattison Outpatient Care & Surgery Ctr

9750 140th Street, Surrey BC

Saturdays, Apr 15– May 20, 10am-1230pm

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Kennedy Seniors Centre

11760 88th Ave, Delta BC

Thursdays, Apr 20– May 25, 9am-1130am

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Chuck Bailey Recreation Centre

13458 107a Ave, Surrey BC

Wednesdays, Apr 26- May 31, 930am-12pm

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McKee Seniors Recreation Centre

5155 47th Ave, Ladner BC

Tuesdays, May 9– June 13, 1pm-330pm

Chronic Conditions

South Surrey Recreation Centre

14601 20 Avenue, Surrey BC

Tuesdays, Apr 18– May 23, 12pm-230pm

Diabetes

Newton Seniors' Centre

13775 70th Avenue, Surrey BC

Wednesdays, May 24– June 28, 9am-1130am

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