

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

Chilliwack & FH Rural Primary Care Centre

#104—7955 Evans Rd, Chilliwack BC

Tuesdays, February 6 –March 12

9:30am-12:00pm

Chronic Conditions

Langley Senior Resources Society

20605 51B Avenue, Langley BC

Thursdays, February 8 –March 14

9:30am-12:00pm

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Community Rec & Cultural Centre

6660 Pioneer Avenue, Agassiz BC

Thursdays, February 8 –March 14

1:30pm-4:00pm

Diabetes

Walnut Grove Community Centre

8889 Walnut Grove Drive, Langley BC

Sundays, February 11 –March 17

1:30pm-4:00pm

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