

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

May 9 to June 13

Thursdays, 9:30am to 12:00pm

Chilliwack & FH Rural Primary Care Ctr
Unit 104-7955 Evans Rd, Chilliwack BC

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May 19 to June 23

Sundays, 1:30pm to 4:00pm

Walnut Grove Community Centre
Rm 3 -8889 Walnut Grove Dr, Langley BC

Chronic Conditions

May 9 to June 13

Thursdays, 9:30am to 12:00pm

Langley Community Services Society
Welcome Centre, University Lecture Hall 1
Unit 100- 6470 201 Street, Langley BC

Diabetes

May 8 to June 12

Wednesdays, 9:30am to 12:00pm

Shepherd of the Valley Lutheran Church
20097 72 Ave, Langley BC

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May 19 to June 30

Sundays, 1:30pm to 4:00pm

Chilliwack Activity Ctr (50 Plus) Society
9400 College Street, Chilliwack BC

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