

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 for more info!



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

FRASER HEALTH EAST WORKSHOPS

Chronic Pain

October 9 to November 13

Wednesdays

10:00am—12:30pm

Shepherd of the Valley Lutheran Church

20097 72 Avenue, Langley BC

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October 10 to November 14

Thursdays

10:00am—12:30pm

Chilliwack and Fraser Health

Rural Primary Care Centre

Unit 104, 7955 Evans Road

Chilliwack, BC

Chronic Conditions

October 10 to November 14

Thursdays

10:00am—12:30pm

Matsqui Recreation Centre

3106 Clearbrook Road

Abbotsford, 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