

# 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!



University  
of Victoria

Institute on Aging  
& Lifelong Health



BRITISH  
COLUMBIA

## FRASER HEALTH EAST IN-PERSON WORKSHOPS

### Chronic Pain

February 2 to March 9

Sundays, 2:00pm to 4:30pm

Bob Chan-Kent Family YMCA

45844 Hocking Ave, Chilliwack BC

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February 2 to March 9

Sundays, 2:00pm to 4:30pm

Walnut Grove Community Centre

Multi-purpose Room #4

8889 Walnut Grove Dr, Langley BC

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February 6 to March 13

Thursdays, 1:00pm to 3:30pm

Matsqui Recreation Centre

Multi-purpose Room #6

3106 Clearbrook Rd, Abbotsford BC

### Chronic Conditions

February 2 to March 9

Sundays, 2:00pm to 4:30pm

Matsqui Recreation Centre

3106 Clearbrook Rd, Abbotsford BC

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February 4 to March 11

Tuesdays, 10:00am to 12:30pm

The Hawthorn at Elim Village

Garrison Crossing

45418 Chehalis Dr, Chilliwack BC

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February 6 to March 13

Thursdays, 10:00am to 12:30pm

Langley Senior Resources Society

Brock Douglas Room

20605 51B Ave, Langley 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)

Connect with us:



@SelfManagementBC



@SMPatUVic