

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!

FRASER HEALTH EAST IN-PERSON WORKSHOPS

Diabetes

October 8 to November 12
Tuesdays, 10:00am—12:30pm
Hawthorn at Elim Village
45418 Chehalis Dr, Chilliwack BC

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

Chronic Conditions

October 20 to November 24
Sundays, 2:00pm—4:30pm
Walnut Grove Community Centre
8889 Walnut Grove Dr, Langley BC

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

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