

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

IN-PERSON WORKSHOPS

Diabetes

Maple Ridge Seniors Activity Centre
12150 224th St, Maple Ridge BC

May 11 to June 15

Saturdays, 10:30am to 1:00pm

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Glen Pine Pavilion

1200 Glen Pine Court, Coquitlam BC

May 18 to June 22

Saturdays, 9:30am to 12:00pm

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Century House

620 Eighth St, New Westminster BC

May 25 to June 29

Saturdays, 10:00am to 12:30pm

Chronic Pain

Pitt Meadows Seniors Society

19065 119B Ave, Pitt Meadows BC

June 22 to July 27

Saturdays, 10:00am to 12:30pm

Cancer

Glen Pine Pavilion

1200 Glen Pine Court, Coquitlam BC

July 6 to August 10

Saturdays, 9:30am to 12:00pm

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca

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 @SMPatUVic



University
of Victoria

Institute on Aging
& Lifelong Health



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