

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 NORTH WORKSHOPS

Chronic Conditions

September 7 to October 19

Saturdays, 10:00am—12:30pm

Century House

620 Eighth Street, New Westminster BC

Chronic Pain

September 21 to October 26

Saturdays, 9:30am—12:00pm

Glen Pine Pavilion

1200 Glen Pine Crt, Coquitlam BC

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November 2 to December 7

Saturdays, 10:00am—12:30pm

Century House

620 Eighth Street, New Westminster BC

Cancer: Thriving & Surviving

October 5 to November 9

Saturdays, 10:30am—1:00pm

Maple Ridge Seniors Activity Ctr

12150 224th St, Maple Ridge BC

Diabetes

November 2 to December 14

Saturdays, 9:30am—12:00pm

Glen Pine Pavilion

1200 Glen Pine Crt, Coquitlam 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