

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 Pain

September 21 to October 26

Saturdays

9:30am to 12:00pm

Glen Pine Pavilion

1200 Glen Pine Court

Coquitlam, BC

Cancer: Thriving & Surviving

October 5 to November 9

Saturdays

10:30am to 1:00pm

Maple Ridge Seniors Activity Ctr

12150 224th Street

Maple Ridge, BC

Diabetes

November 2 to December 14

Saturdays

9:30am to 12:00pm

Glen Pine Pavilion

1200 Glen Pine Court

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