

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



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

IN-PERSON WORKSHOPS

Chronic Conditions

Century House

620 Eighth Street, New Westminster BC

Saturdays, January 13 to February 17

10:00am to 12:30pm

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Community Services (The Club)

22768 119 Avenue, Maple Ridge BC

Thursdays, January 25 to February 29

10:00am to 12:30pm

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Glen Pine Pavilion

1200 Glen Pine Court, Coquitlam BC

Saturdays, January 27—March 2

10:00am to 12:30pm

Chronic Pain

Century House

620 Eighth Street, New Westminster BC

Saturdays, March 2—April 6

10:00am to 12:30pm

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Glen Pine Pavilion, Corner Pocket

1200 Glen Pine Court, Coquitlam BC

Saturdays, March 23—April 27

10:00am to 12:30pm

Diabetes

Ridge Meadows Seniors Society

12150 224th Street, Maple Ridge BC

Saturdays, February 3—March 9

10:30am to 1:00pm

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