

# 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](mailto: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—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

November 9 to December 14

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](http://www.selfmanagementbc.ca)

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

[selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)

Connect with us:



@SelfManagementBC



@SMPatUVic