

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

Chronic Pain

Glen Pine Pavilion

1200 Glen Pine Court, Coquitlam BC

Tuesdays, Oct 18– Nov 22

6pm –8:30pm

Chronic Conditions

Dogwood Pavilion

1655 Winslow Ave, Coquitlam BC

Saturdays, Oct 29– Dec 3

10am-12:30pm

Diabetes

Westwood Alliance Church

3129 Ozada Avenue, Coquitlam BC

Saturdays, Oct 22– Nov 26

10am –12:30pm

VIRTUAL WORKSHOPS

Chronic Conditions

Thursdays, Oct 20– Nov 24

6pm-8:30pm

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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COLUMBIA