

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 Pain

McKee Seniors Recreation Centre

5155 47th Avenue, Ladner BC

Tuesdays, September 19– October 24

9:30am to 12:00pm

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St. Mark's Anglican Church

12953 20th Avenue, Surrey BC

Thursdays, September 28– November 2

1:00pm to 3:30pm

Chronic Conditions

Fleetwood Community Centre

15996 84 Avenue, Surrey BC

Fridays, September 29– November 3

9:30am to 12:00pm

Diabetes

Kennedy Seniors Centre

11760 88th Avenue, Delta BC

Thursdays, September 21–October 26

1:30pm to 4:00pm

Cancer

Ladner Pioneer Library

4683 51st Street, Ladner BC

Saturdays, October 14–November 25

2:00pm to 4:30pm

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