

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!

FRASER HEALTH SOUTH IN-PERSON WORKSHOPS

Chronic Pain

September 12 to October 17

Thursdays

1:30pm to 4:00pm

Kennedy Seniors Centre

11760 88th Avenue, Delta BC

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October 1 to November 5

Tuesdays

9:30am to 12:00pm

KinVillage Association

5430 10th Ave, Tsawwassen BC

Chronic Conditions

September 18 to October 30

Wednesdays

9:30am to 12:00pm

McKee Seniors Recreation Centre

5155 47th Avenue, Ladner BC

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca



University
of Victoria

Institute on Aging
& Lifelong Health



BRITISH
COLUMBIA

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 @SMPatUVic