

# 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!

## FRASER HEALTH SOUTH WORKSHOPS

### **Diabetes**

July 18 to August 29

Thursdays

1:30pm to 4:00pm

Kennedy Seniors Centre

11760 88th Avenue, Delta BC

### **Chronic Pain**

September 12 to October 17

Thursdays

1:30pm to 4:00pm

Kennedy Seniors Centre

11760 88th Avenue, Delta 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](http://www.selfmanagementbc.ca)

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

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



University  
of Victoria

Institute on Aging  
& Lifelong Health



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