

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 Conditions

North Surrey Sports and Ice Centre

Multi-Purpose Room 1

10950 126A Street, Surrey BC

Wednesdays, January 31—March 6

9:30am to 12:00pm

Chronic Pain

Newton Seniors Centre, Room 2

13775 70th Avenue, Surrey BC

Wednesdays, February 14—March 20

9:30am to 12:00pm

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Clayton Community Centre, MP 107

7155 187A Street, Surrey BC

Thursdays, February 29—April 4

10:00am to 12:30pm

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South Surrey Recreation Centre

Community Lounge

14601—20 Avenue, Surrey BC

Tuesdays, March 5—April 9

12:00pm to 2:30pm

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