

# 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](mailto:smhcoach@uvic.ca)  
for more information



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA

## IN-PERSON WORKSHOPS

### **Chronic Pain**

Ladner United Church  
4960 48th Avenue, Ladner BC  
Wednesdays, Oct 12– Nov 16, 2pm-4:30pm  
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Jim Pattison Outpatient & Surgery Centre  
9750 140th Street, Surrey BC  
Saturdays, Oct 22– Nov 26, 10am-12:30pm  
\*

South Surrey Recreation Centre  
14601 20 Avenue, Surrey BC  
Tuesdays, Oct 25– Nov 29, 12pm-2:30pm

### **Chronic Conditions**

St. Mark's Anglican Church  
12953 20th Avenue, Surrey BC  
Thursdays, Oct 13– Nov 17, 1pm-3:30pm  
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Chuck Bailey Recreation Centre  
13458 107A Avenue, Surrey BC  
Wednesdays, Oct 19– Nov 23, 9:30am-12pm  
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Newton Seniors' Centre  
13775 70th Avenue, Surrey BC  
Wednesdays, Nov 2– Dec 7, 9am-11:30am

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## TELEPHONE WORKSHOPS

### **Chronic Pain**

Thursdays, Oct 13– Nov 17  
9:30am-10:30am

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)

Connect with us:  @SelfManagementBC  
 @SMPatUVic