

Self-Management

British Columbia



KNOWLEDGE + SKILLS + CONFIDENCE

put life back in your life

FREE Six-Session Workshops for Adults with Any Ongoing Physical or Mental 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



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA

SELF-MANAGEMENT WORKSHOPS

FRASER HEALTH - NORTH REGION

Chronic Conditions

Cameron Recreation Centre
9523 Cameron Street, Burnaby
Saturdays, Jan. 12 to Feb. 16, 2019
10:00 am to 12:30 pm

Port Moody Public Library
100 Newport Drive, Port Moody
Thursdays, Jan. 24 to Feb. 28, 2019
1:00 pm to 3:30 pm

Chronic Pain

Glen Pine Pavilion
1200 Glen Pine Court, Coquitlam
Saturdays, Jan. 19 to Mar. 2, 2019
12:00 pm to 2:30 pm

Safeway Extra Burquitlam
580 Clark Road, Coquitlam
Mondays, Jan. 21 to Mar. 4, 2019
1:00 pm to 3:30 pm

Interested in Becoming a Volunteer Program Leader?

Chronic Conditions Leader Training

Surrey Sports & Leisure Complex
16555 Fraser Hwy, #100, Surrey,
February 22, 23, March 1, 2, 2019
9:30 am to 3:30 pm

Apply online at:

www.selfmanagementbc.ca/applicationform

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca