

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 - SOUTH REGION

Chronic Pain

Walnut Grove Community Centre
8889 Walnut Grove Drive, Langley
Sundays, Jan. 27 to Mar. 10, 2019
1:30 pm to 4:00 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

ALSO AVAILABLE:

SELF-MANAGEMENT HEALTH COACH PROGRAM

FREE one-on-one phone support will help you get the most out of life!

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca