

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

Chronic Conditions

Century House

620 Eighth Street, New Westminster

Saturdays, Feb. 2 to Mar. 9, 2019

10:00 am to 12:30 pm

Wilson Centre

2150 Wilson Avenue, Port Coquitlam

Tuesdays, Feb. 12 to Mar. 19, 2019

1:00 pm to 3:30 pm

Dogwood Pavilion

624 Poirier Street, Coquitlam

Tuesdays, Feb. 19 to Mar. 26, 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