

# 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

#### *Chronic Pain*

Douglas Recreation Centre  
Multipurpose Room  
20550 Douglas Crescent, Langley  
Wednesdays, Feb. 6 to Mar. 13, 2019  
1:00 pm to 3:30 pm

#### *Cancer: Thriving & Surviving*

Ladner United Church  
Celebration Centre  
4960 48th Avenue, Ladner  
Tuesdays, Feb. 19 to Mar. 26, 2019  
10:00 am to 12:30 pm

#### *Diabetes*

Willowbrook Recreation Centre  
20338 65 Avenue, Langley  
Thursdays, Feb. 7 to Mar. 14, 2019  
6:00 pm to 8:30 pm

#### *Chronic Conditions*

Envision Financial Community Room  
32711 South Fraser Way, Abbotsford  
Thursdays, Feb. 21 to Mar. 28, 2019  
1:00 pm to 3:30 pm

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#### *Interested in Becoming a Volunteer Program Leader?*

#### **Chronic Conditions Leader Training**

Surrey Sport & 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](http://www.selfmanagementbc.ca/applicationform)

***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)